

# THE BUDGET ISSUE

COOK  
SUNDAY  
FOR THE  
WHOLE WEEK

# Clean Eating

Improving your life one meal at a time.

SEPTEMBER 2015

## 216 Ways to Eat Clean & Feel Great

### HEALTHY ON-THE-GO:

- Freezer Smoothies
- Grain Salads
- Breakfast Cookies
- Noodle Cups
- Acai Bowls

### CLEAN EATS FOR LESS!

2 WEEKS OF  
STRESS-FREE

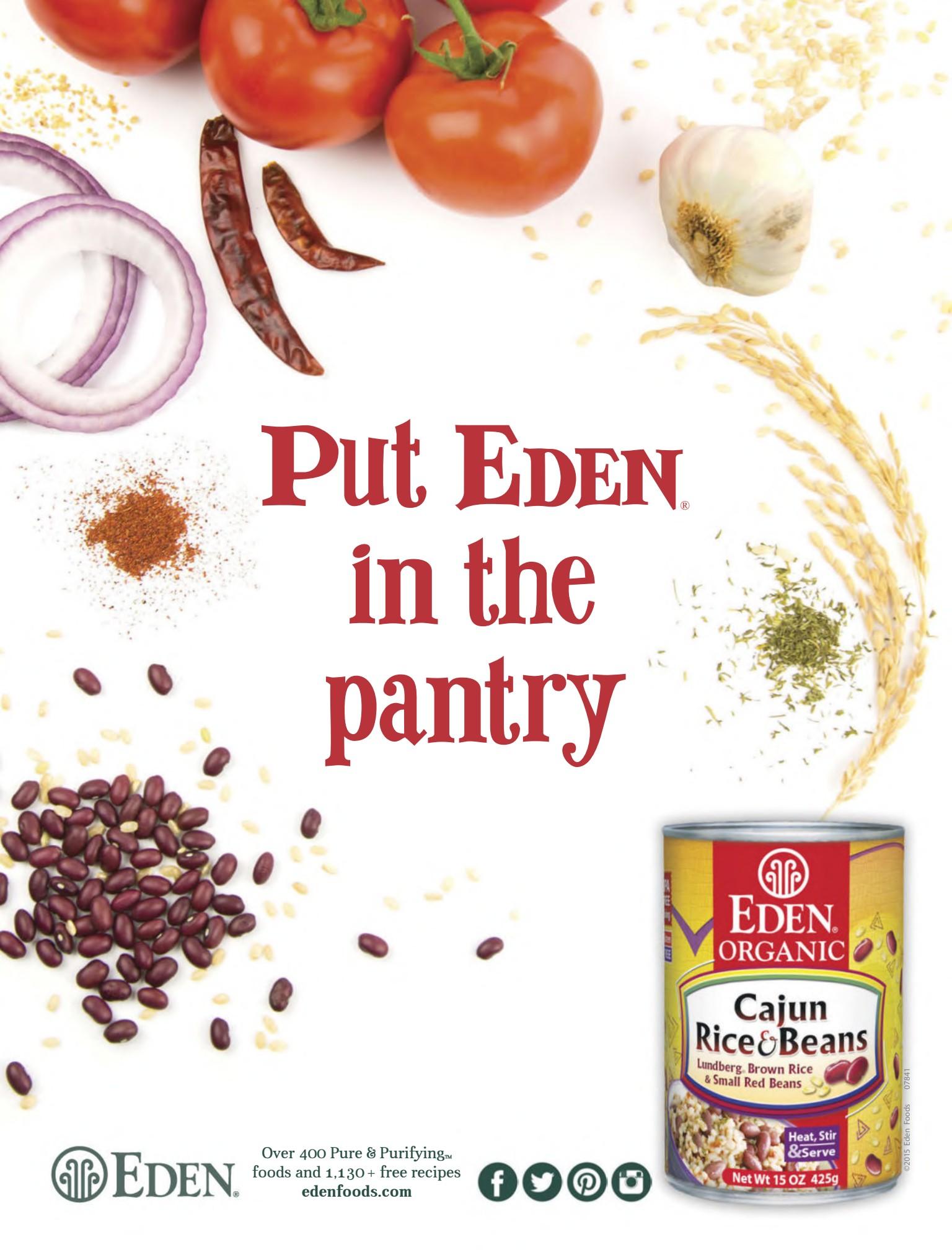
### MEAL PLANS



**Brilliant  
ONE-POT  
MEALS**

**53  
WEEKDAY  
MEALS  
UNDER \$2.50!**

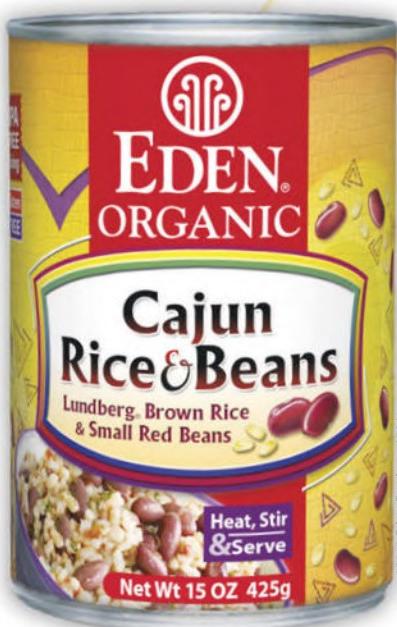
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# Clean Eating

SEPTEMBER 2015

On our September 2015 cover we feature  
Bangkok Curry Bowls, p. 50, Life-Altering Green  
Smoothie, p. 50, Superfood Breakfast Cookies, p. 52,  
Rainforest Acai Breakfast Jars, p. 52  
Photography by Darren Kemper  
Food styling by Bernadette Ammar  
Prop styling by Natalie Adamov

**P. 46****P. 42****P. 66****P. 72**

## Super Savings Section



### 46 MAKE 'N' TAKE

Prep these standout portable breakfasts, lunches and snacks in advance for the road, office or class.

By Cara Lyons

### 54 2 WEEKS OF \$2.50 MEALS!

Two weeks of extraordinary meals that are easy on the wallet yet full of flavor, taste and nutrients.

By Ivy Manning

### 66 ONE-POT DINNERS

All it takes is one cooking vessel to prepare these scrumptious mains that ring in at less than \$3 a plate.

By Julia O'Hara

### 72 YOUR THRIFTY 14-DAY MEAL PLAN

A budget-friendly meal plan that's abounding in healthful and seasonal foods.

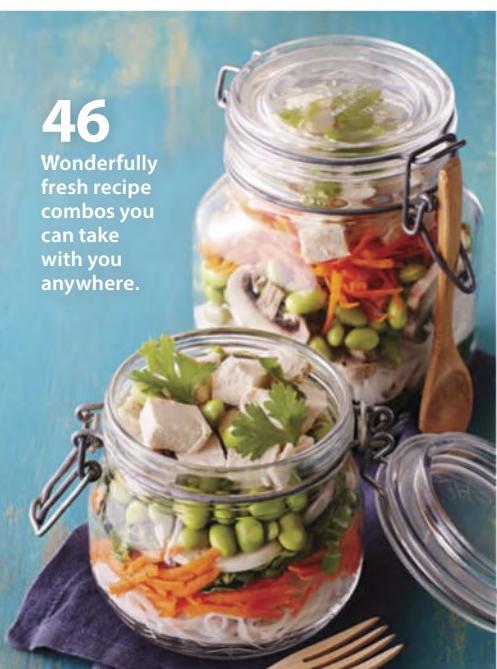
By Heather Bainbridge

## contents



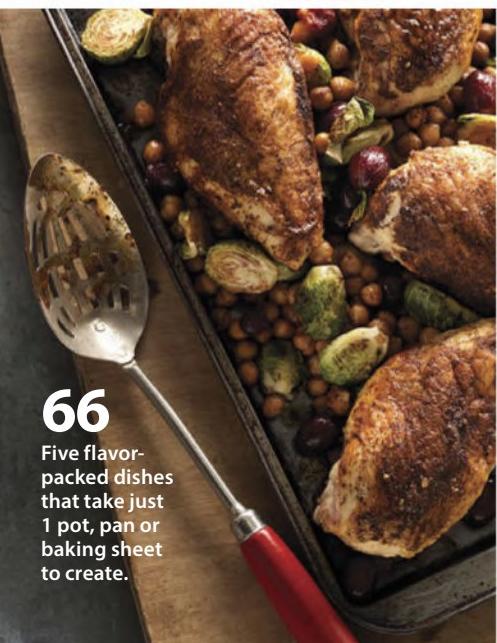
**54**

Slash your grocery bill with these cheap and cheerful plates.



**46**

Wonderfully fresh recipe combos you can take with you anywhere.



**66**

Five flavor-packed dishes that take just 1 pot, pan or baking sheet to create.

## be inspired

**32**

### COOKING WITH

Chef James Smith talks Clean Eating Academy and what sparked his passion for fresh food. Plus, he shares his soul-satisfying short ribs recipe.

**80**

### GEAR & GADGETS

The newest kitchenware and culinary tools for \$30 or less.

**88**

### SWEET TOOTH

A better-for-you hazelnut spread to enjoy on whole-grain toast, crepes or fruit that's 100% guilt free.

## weight loss

**30**

### CLEAN GREEN EATS

Candice Kumai shares her money-saving tips for preparing clean eats on the cheap, plus try out her stunning pasta recipe with sun-dried tomato and almond pesto.

**40**

### KICK IT UP A NOTCH

Turn up the heat with hot peppers and find out why they are a healing addition to your clean-eating ways.



**80**

The coolest kitchen tools for \$30 or less.

## eat smart

**16**

### BITS 'N' BITES

Food, health and nutrition news you can use.

**22**

### SUPERMARKET GUIDE

Our guide to the cleanest protein powders on the market.

**36**

### CLASSICS, ONLY CLEANER

Apple cinnamon coffee cake with a decadent cream cheese glaze.

**82**

### COMPLEMENTS

Sharpen your vision with 8 nutrients proven to boost the health of your peepers.

**84**

### TRY THIS... WITH THAT

Create endless menus with CE's essential pairing guide.

## how to

**24**

### CLEAN LIVING

Learn how to make your own soothing and moisturizing hair and scalp treatment.

**42**

### COOK SUNDAY FOR THE WHOLE WEEK

Make your weekday meals and snacks in advance and never stray from your energizing clean eats again.

**85**

### KITCHEN TOOLS

CE puts 4 stylish and functional lunch boxes to the test.

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# what's fresh at cleaneating.com

## Clean Eating Fans Have Spoken

How often do you pack a lunch? What is your favorite midday meal to pack?

"Just about every day. Arugula with fresh strawberries or grapes, dried cranberries, chèvre or Gorgonzola, candied pecans or pistachios, raspberry vinaigrette." – Dawn Bentley

"Leftover dinner is my fave."

– Delia Robertson

"I always prep all my work lunches on Sunday. I usually do veggie frittatas or some kind of turkey veggie casserole, so it's easy to divide into individual servings, and then add a vegetable like Brussels sprouts or broccoli on the side. Snack is some kind of fruit."

– Kim Smith Harty



Autumn Produce Guide



Apple Pie with Pecan Oat Topping



Chicken in Roasted Garlic Cashew Cream Sauce with Broccoli

Follow us on:

4

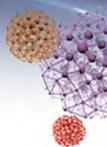
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# PLAN TO Succeed

**The old adage that failing to plan is planning to fail couldn't be more true when it comes to clean eating. We've all been there – you forget your lunch in the fridge at home and then get**

so hungry that you find yourself impulsively ordering that bursting-at-the-seams burrito instead of the more sensible, energizing salad you promised yourself you'd stick to that day. Full disclosure: Even the *Clean Eating* team is guilty of this on occasion. We go into the week with the best intentions, but the minute we work a little too late to prep lunch for the following day, the next thing I know we're all filing back into the office after a moment of weakness at the sandwich shop, the burger joint or worse, the decadent self-serve froyo shop on the corner! Packing sufficient healthy options

you'll actually want to eat is crucial to feeling and looking your best. That's what this issue is all about: Planning to eat consistently well and eating clean within a budget. Wouldn't you agree that these are two of the toughest things in life to do? Well, after several lengthy meetings and some careful planning, we solved both for you. Start on page 46 where our Super Savings Section (yes, we love alliteration) kicks off for 53 utterly impressive recipes costing \$2.50 or less per plate. Staff favorites include the Kung Pao Chicken, Chile Chicken Enchiladas, the Breakfast Cookies and Bangkok Curry Bowls, which are basically cleaned-up instant noodles with a Thai twist that you can take anywhere. They will



change office lunches and your life forever. And when it comes to planning, this issue can't be beat. Turn to page 42 for a spread of brilliant items you can prep entirely on Sunday to mix and match for endless snacks and meals for the rest of the week. And never get stuck feeling guilty, sluggish and pregnant with a burrito baby after lunch again by making and taking the amazing and portable recipes that are gracing our cover on page 46. Just when you thought we couldn't make life any easier for you, we also went ahead and bumped up the type size on all of our recipes in response to feedback that it was a touch small. I hope this makes your clean cooking time that much more enjoyable!

## Psst!

I'm thrilled to introduce the Clean Eating Academy, *CE's* very own online cooking school, to help take your health-focused career or home-cooking skills to impressive new heights. Read a Q&A with our veteran instructor on page 32 and visit [aimhealthyu.com/cea](http://aimhealthyu.com/cea) for full details and to enroll!



Eating out doesn't always lead to bad decisions. The *CE* team recently ordered a table's worth of protein-style burgers at Local restaurant in Toronto while celebrating our Food Editor's birthday.

*Alicia*  
Alicia Rewega  
Editor-in-Chief

## What is Clean Eating?

The soul of clean eating is **consuming food the way nature delivered it**, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation, leading to an improved life – one meal at a time.

**Eat five to six times a day** – three meals and two to three small snacks. Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal. This keeps your body energized and burning calories efficiently all day long.

**Choose organic whenever possible.** If your budget limits you, make meat, eggs, dairy and the Dirty Dozen ([ewg.org/foodnews](http://ewg.org/foodnews)) your organic priorities.

**Drink at least two liters of water a day,** preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

**Get label savvy.** Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

**Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.**

**Know thy enemies.** Steer clear of anything containing trans fats, anything fried or anything high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

**Consume healthy fats** (essential fatty acids, or EFAs) every day.

**Learn about portion sizes** and work toward eating within them.

**Reduce your carbon footprint.** Eat produce that is seasonal and local. It is less taxing on your wallet and our environment.

**Shop with a conscience.** Consume humanely raised, local meats and ocean-friendly seafood. Visit [seachoice.org](http://seachoice.org) for a printable pamphlet.

**Practice mindful eating.** Never rush through a meal. Food tastes best when savored. Enjoy every bite.

**Take it to go.** Pack a cooler for work or outings so you always have clean eats on the go.

**Make it a family affair.** Food is a social glue that should be shared with loved ones. Improve the quality of your family's life along with your own.

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# Clean Eating

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# CHEAT, DRINK & STILL SHRINK

## BREAK THROUGH YOUR WEIGHT LOSS PLATEAU

BY AMBER RIOS

**B**eing a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'd booked with my \$200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. *Still, he'd never risk his reputation.*

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first **100% natural, organic, non-GMO** nutritional shake & superfood. The result is a meal replacement shake that contains **100% grass-fed whey** that has a superior nutrient profile to the grain-fed whey found in most shakes, **metabolism boosting raw organic coconut oil, hormone free colostrum** to promote a **healthy immune system**, **Omega 3, 6, 9-rich chia and flaxseeds**, superfood greens like kale, spinach, broccoli, alfalfa, and chlorella, and clinically tested **cognitive enhancers for improved mood and brain function**. The company even went a step further by including a balance of **pre and probiotics** for optimal **digestive health, uptake, and regularity and digestive**

**enzymes** so your body **absorbs the high-caliber nutrition** you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed a special offer: if you order this month, you'll receive Free Enrollment into the company's Loyalty Program where you'll qualify to receive a \$10 discount on every bottle of INVIGOR8. And so you don't go a month without INVIGOR8 - helping you lose weight and getting toned, you'll automatically receive a fresh bottle every 30-days. There are no minimum amounts of bottles to buy and you can cancel at any time. You can order INVIGOR8 today at [www.DrinkInvigor8.com](http://www.DrinkInvigor8.com) or by calling 1-800-958-3392.



# MEET OUR EXPERTS

**Q:** When it comes to diet vs. exercise, what is the best way to lose weight?

— MICHAEL WINTERS, SAN DIEGO, CA

**A:** While exercise is beneficial for your body and mind, its ability to lead to significant weight loss if you're not also reducing your calorie intake is minimal. A one-hour workout burning 500 calories can be quickly undone by an indulgent meal, so it's crucial to consume fewer calories overall. A 2013 research article in *Psychological Science* examined the perceptions people have about exercise's role in weight loss. Those who believed exercise was most effective ate more chocolate and weighed more than those who believed in making dietary reductions. Spur weight loss by reducing portion sizes and replacing empty calories with nutritious choices like fresh fruit and nuts.

— HEATHER BAINBRIDGE

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## We Hear You!

Tell us what you thought of this issue by emailing us at [CEditorial@aimmedia.com](mailto:CEditorial@aimmedia.com). Plus, get bonus recipes and more clean-eating content on social media.



### WRITE US AND ASK!

#### IS BLUE CHEESE GLUTEN-FREE?

In the June 2015 issue, you have a Blue Cheese Apple Slaw recipe labeled as gluten-free in the recipe index. My understanding as a highly sensitive celiac person is that blue cheese is often cultured with or on bread mold and should be avoided unless it is guaranteed to be gluten-free. Can you shed some light on why you don't consider this significant?

— Jane Steinhauser, Tilden Lake, ON

**Editor's Note:** Thanks for your letter, Jane. After looking further into your concerns, we are happy to report that blue cheese is safe to consume for those with celiac disease or gluten sensitivities, according to *The National Foundation for Celiac Awareness* and the *Canadian Celiac Association*. One study by the Canadian Celiac Association found that blue cheese did not contain any detectable levels of gluten (levels were under 20 ppm gluten), so feel free to incorporate blue cheese into your diet.



#### SUNDAYS IN THE KITCHEN

Free Sundays are meant for clean eating experimenting. I got this recipe from [cleaneating.com](http://cleaneating.com). I basically learned everything I needed to know about clean eating from this website. If you search "mini crab cakes" you'll find this one.

— @sammidee, via Instagram

@NIKKIBAHAN

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# CANDICE KUMAI

## RESIDENT CULINARY ADVISER/CHEF/COOKBOOK AUTHOR

NEW YORK, NY

This issue debuts wellness journalist and chef Candice Kumai's first column for *Clean Eating* (p. 30). The *Top Chef* alumna has appeared as a judge on shows such as *Iron Chef* and has authored five cookbooks including *Clean Green Eats* (Harper Wave, 2015). Of following her passion, Kumai says, *"I believe in hard work, positivity and not passing up on great opportunities because of finances or fear."*



### DARREN KEMPER

#### PHOTOGRAPHER

TORONTO, ON

Photography has always been Darren Kemper's favorite pastime. As a kid, he would get his family and pets to pose for photo sessions around the house. *"My parents would get their roll of film back and be upset that I had shot 22 frames of my hamster,"* he says. Today, the "Healthy On-the-Go" (p. 46) photographer's work can be seen in various publications and on food packaging.



### JAMES SMITH

#### CHEF/CHAIR

TORONTO, ON

As Chair of Culinary Programs and Operations at Toronto's Centennial College, James Smith ("Cooking With," p. 32) trains the chefs of the future. He brings his expertise to the Clean Eating Academy, an online culinary and nutrition program launching in September. *"I try to eat as clean as possible,"* he says. *"While there are times when it's difficult, I always try to make any meal as clean as it can be made."*



### IVY MANNING

#### COOKBOOK AUTHOR/RECIPE DEVELOPER

PORTLAND, OR

*"It never gets boring,"* says Ivy Manning of her career. *"One assignment will have me making amaranth crackers and the next I'm in Ireland learning and writing about the food renaissance there,"* she says. Find her recipes in "Two Weeks of Fresh & Fab Dinners On the Cheap" (p. 54), which features globally inspired meals that won't break the bank.

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# Your Clean Recipe Guide

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## Legend

- Quick (under 45 minutes)
- Freezable
- Vegetarian (may contain eggs and dairy)
- Gluten-Free

## Make it gluten-free ♦

Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.



## GRAINS & VEGETABLES



Spiced Refried Beans  
P. 43



25-Minute Veggie Prep  
P. 43



Green Monkey Smoothie  
P. 44



Eggplant & Cherry Tomato Coconut Curry WITH WHOLE-WHEAT CHAPATI  
P. 58



Bangkok Curry Bowls WITH RICE NOODLES & VEGETABLES  
P. 50



Life-Altering Green Smoothie  
P. 50



Classic Hummus  
P. 75



Papaya & Hoisin-Braised Short Ribs  
P. 33

## BEEF



Beef Quinoa Mini Meatballs WITH SPICED POMEGRANATE SAUCE & MASHED CAULIFLOWER  
P. 57



Bibimbap Bowls  
P. 62



Sweet & Sour Hunan Stir-Fry  
P. 65



Spiced Beef Stew WITH PARSNIPS & BEETS  
P. 69



Danish Smørrebrød Sandwiches WITH DILLED SHRIMP & PICKLED ONIONS  
P. 61



Ginger Soy Cod en Papillote WITH SHIITAKES & GREEN ONIONS  
P. 64

## FISH & SEAFOOD

## PASTAS, SOUPS & SALADS



Chipotle Shrimp  
Quesadillas  
P. 78



Light Almond  
Pesto Pasta  
P. 30



Harvest Squash  
& Quinoa Salad  
P. 49



Creamy Autumn  
Chowder WITH  
GARLIC CROSTINI  
P. 65



Creamy  
Southwestern Shells  
WITH BLACK BEANS  
P. 70



Lemon Spaghetti  
WITH TURKEY SAUSAGE  
& SPINACH  
P. 70

## POULTRY



Spaghetti alla  
Melanzane WITH  
TOMATOES & CHICKPEAS  
P. 76



Kung Pao Chicken  
WITH CHILE SOY SAUCE  
& PEANUTS  
P. 56



Just Like Nonna's  
Frittatas  
P. 48



Maple Roasted  
Chicken WITH  
ACORN SQUASH  
P. 63



Chile Chicken  
& White Bean  
Enchiladas  
WITH RED SAUCE  
P. 64



Dijon Chicken &  
Quinoa Skillet WITH  
BABY KALE & CRANBERRIES  
P. 67

## DESSERTS, SNACKS & BREAKFASTS



Smoky Chicken  
Breasts & Crispy  
Chickpeas  
P. 68



Lemon Chicken WITH  
SAUTÉED SQUASH & SWEET  
POTATO MEDLEY  
P. 78



Overnight Maple  
Pecan Oats in a Jar  
P. 16



No-Bake Almond  
Butter & Chocolate  
Oatmeal Bars  
P. 17



Carrot Cake  
Oatmeal Cookies  
P. 17



Apple Cinnamon  
Coffee Cake WITH  
CREAM CHEESE GLAZE  
P. 38



Apricot Cobbler  
Granola  
P. 44



Superfood  
Breakfast Cookies  
P. 52



Rainforest Acai  
Breakfast Jars  
P. 52



Pear Chocolate Chip  
Pecan Muffins  
P. 75



Chocolate  
Hazelnut Butter  
P. 88



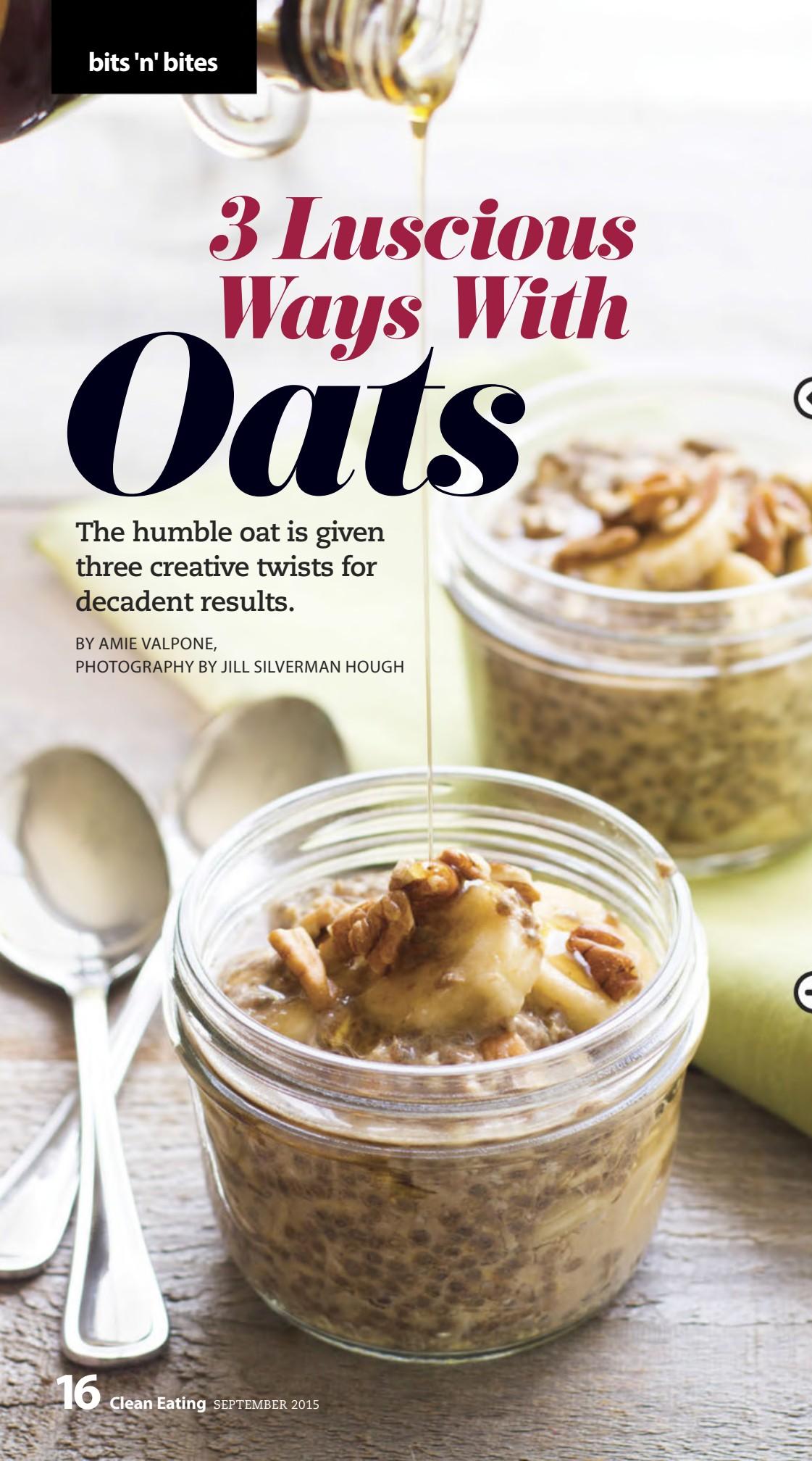
## NUTRITIONAL VALUES

The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.

# 3 Luscious Ways With Oats

The humble oat is given three creative twists for decadent results.

BY AMIE VALPONE,  
PHOTOGRAPHY BY JILL SILVERMAN HOUGH



## Overnight Maple Pecan Oats in a Jar

**SERVES** 1. In a small Mason jar, combine  $\frac{3}{4}$  cup unsweetened plain almond milk,  $\frac{1}{4}$  cup old-fashioned rolled oats, 1 tbsp whole chia seeds, 1 tsp ground cinnamon and  $\frac{1}{4}$  tsp pure vanilla extract. Cover and refrigerate for at least 8 hours or overnight. Top with 1 small sliced banana, 1 tbsp chopped unsalted pecans and 2 tsp creamy unsalted almond butter. Drizzle with 1 tsp pure maple syrup.

**benefit** Chia seeds are loaded with healthy omega fats, antioxidants, dietary fiber and protein. Oats are high in manganese and fiber plus they contain a type of fiber called beta-glucan, which has been shown to help regulate cholesterol levels. To top it off, cinnamon is helpful for blood sugar control, so you can add an extra dash, if desired.



## No-Bake Almond Butter & Chocolate Oatmeal Bars

**SERVES** 8. Line an 8 x 8-inch baking dish with parchment paper; set aside. In a medium saucepan on low, combine 1 cup **creamy unsalted almond butter**,  $\frac{1}{2}$  cup **raw honey** and  $\frac{1}{2}$  cup **virgin coconut oil**; heat until melted, stirring frequently. Remove from heat; add 2 cups **old-fashioned rolled oats**, 1 cup **unsweetened coconut flakes**, 3 tbsp **slivered unsalted almonds**, 3 tbsp **dried unsweetened chopped cherries** and  $1\frac{1}{4}$  tsp **pure almond or vanilla extract**. Stir in  $1\frac{1}{4}$  cups **70% dark chocolate chips**; transfer to prepared dish and refrigerate until bars are set, about 4 hours. Use parchment to lift bars out of dish and cut into 8 bars. Refrigerate in an airtight container until ready to serve.

**benefit** Coconut oil is rich in lauric acid, a medium-chain fatty acid that is converted to monolaurin in the body. Monolaurin is a compound that exhibits antiviral, antimicrobial and antifungal properties.

## Carrot Cake Oatmeal Cookies

**MAKES** 10 to 12 cookies. Preheat oven to 350°F. Line a large baking sheet with parchment paper; set aside. In a large bowl, mash 2 **ripe bananas**. Add 2 cups **old-fashioned rolled oats**,  $\frac{1}{2}$  cup **finely shredded carrots** (or carrot pulp from juicing carrots), 3 tbsp **dried unsweetened cranberries**, 3 tbsp **chopped unsalted walnuts**, 2 tbsp **unsweetened coconut flakes**,  $1\frac{1}{2}$  tsp **ground cinnamon**,  $1\frac{1}{4}$  tsp **pure vanilla extract** and  $\frac{1}{4}$  tsp **pumpkin pie spice** (optional); mix well to combine. Wet fingers and scoop mixture onto prepared baking sheet (about  $\frac{1}{4}$  cup at a time; with damp fingers, flatten into a cookie shape). Bake 18 to 20 minutes or until golden brown. Set aside to cool. Store in an airtight container in the refrigerator until ready to serve.

**benefit** Sweet, rich and creamy bananas are a great source of fiber, minerals (such as potassium) and vitamins. Additionally, carrots are soaring with vitamin A and are known for their supply of the antioxidant beta-carotene. These orange root veggies are also filled with numerous other antioxidants and nutrients.



## New Uses for Old Grounds?

Spent coffee grounds may soon be used for enriching more than the soil in your garden. According to a study conducted by researchers in Spain, both new and used coffee grounds are rich in a group of antioxidant compounds called dietary phenolic compounds. These compounds protect the body's cells and may help to ward off heart disease and cancer. In fact, researchers discovered that the coffee grounds often contained higher levels of these compounds than a cup of brewed coffee. For now, the research is still preliminary. However, it's quite possible scientists will soon find ways to extract the compounds from coffee grounds as a health-boosting, disease-preventative additive in a wide variety of foods.

chew on this  
**#156**

Store fresh, ripe tomatoes stem end down at room temperature to slow down spoilage. This blocks air from entering and helps to retain moisture so they'll last for longer.

# Take a Culinary Ride THROUGH SQUAMISH

Off of British Columbia's Sea to Sky Highway lies the scenic town of Squamish, a food lover's paradise known for its locally sourced foods, wild-caught fish and West Coast charm.

BY ERIN SILVER

**Squamish, British Columbia, is well known as the outdoor recreation capital of Canada.**

Famous for its sea-to-sky views, world-class kayaking, paddleboarding and mountain biking, it is also beloved among rock climbers around the world for the Stawamus Chief, the world's second-tallest freestanding granite mountain. Avid fishermen have also flocked to the area for generations for the chance to catch trophy fish like steelhead trout. If you take an eagle-viewing float along the river in the winter, you'll have the chance to see a stunning natural phenomenon: hundreds of bald eagles soaring overhead, waiting to feast on a river turned red with spawning chum salmon.

The town is also home to a thriving food scene that's full of hearty, healthy meals for active locals and tourists who need fuel for their daily outdoor adventures. The Locavore, a food truck at the base of a popular mountain bike trail, offers fast food made with wholesome local ingredients. Owner Steve Moir, who also owns Cloudburst Café next door, uses the freshest ingredients, picking his own daikon radish and carrots for the popular bahn mi sandwich. Cloudburst Café is known for its bottled coffee, made using a cold brew process that reduces the coffee's acidity by 60% for a smooth, rich drink with no bitter taste.

In nearby Brackendale, Fergie's Café is another casual eatery offering fresh, local ingredients. People plan day trips around the chance to picnic under the shade of the large walnut tree and dine on Fergie's avocado benny, complete with a homemade buttermilk biscuit, goat cheese and roasted tomato. For a luscious dessert, Fergie's chocolate brownie hits the spot – it's topped with caramel sauce, vanilla ice cream, poached pear and glazed pecans and garnished with fresh mint.

If you're in the mood for fresh fish, residents love Sushi Sen in the Garibaldi Highlands, where owner and chef Yuji Kite uses local fish like Pacific salmon. Perhaps the area's best-kept secret is a small cantina called Mag's 99, revered for its authentic Mexican eats. And your mountain-climbing guide might even share a recipe for homemade granola bars – it's what all the climbers keep in their packs.





# A Dairy-Free *Slice* of Summer

The grill's hot, time to eat! Finally... barbecue season is upon us. The sun's out, my shades are on, and I've fired up the grill. Time for corn on the cob and my grill-master SECRET - Veggie burgers with American slices - melted to ooey-gooey perfection.



## A Slice of Life

Enjoy a slice of life with Follow Your Heart's new non-dairy slices. These coconut oil-based "cheeses" are the perfect topper for veggie burgers and taste just like real cheese. They're so amazing they've been called a game changer. We guarantee you'll love them right out of the package!

For more information about our new cheese, please visit [FollowYourHeart.com](http://FollowYourHeart.com)



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ASK OUR

## dietitians

Got a food question? We have the answers.



**Q** I've heard about a new technique for cooking rice where your body absorbs fewer calories from the rice. Fact or fiction?

**A** Chemistry students in Sri Lanka recently demonstrated a way to cook rice that purportedly reduces its caloric value. Their experiment involved adding 1 teaspoon coconut oil to boiling water; once the oil dissolved, they added ½ cup rice and simmered it for 40 minutes. The cooked rice was then refrigerated for 12 hours. The supposed result? A drop in the number of calories absorbed by the body. Cooking and cooling starchy foods like rice does cause chemical changes that result in easily digestible starches becoming indigestible, or "resistant starches." The presence of resistant starch does reduce caloric value somewhat – what the body can't break down through digestion, it can't absorb as energy (aka calories). By cooking rice this way, you could likely expect a small calorie reduction and a slightly lower glycemic value. Beware, however, that claims of a dramatic drop in calories – 50% or more – have yet to be demonstrated scientifically. The best nutritional strategy for incorporating starchy foods into your diet is to consume them in moderation and to limit portion sizes.

**Q** Why does the nutritional label on plain Greek yogurt state there is sugar even when sugar isn't listed in the ingredient list?

**A** Any plain Greek yogurt with no added sugar will still list some sugar on the nutritional label, anywhere between 6 and 12 grams, depending on the brand and size of the container. What that represents is the natural sugar found in milk, called lactose. The government does not currently require food manufacturers to differentiate between naturally occurring sugars and added sugars on food labels. Remember this: There are 9 grams of lactose in 8 ounces of plain Greek yogurt. Adjusting for size of container, with 5.3-ounce containers being the most common, that would mean there is 6 grams of lactose in that container of yogurt. So, if you are eating a flavored yogurt, subtract 6 from the total sugars, which will leave you with the amount of added sugar. There are 4 grams of sugar in 1 teaspoon, so do the math to see how many teaspoons of added sugar is in flavored yogurt. We recommend that you use plain Greek yogurt and add your own flavoring with fresh fruit.

Registered dietitians **Tiffani Bachus** and **Erin Macdonald** are the co-founders and creators of **URockGirl.com**, a website dedicated to promoting wellness and a healthy, balanced lifestyle.

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# THE CLEANEST PROTEIN POWDERS

These 6 pure protein powders skip the chemicals, preservatives and artificial sweeteners without skimping on taste.

BY LAURA SCHOBER



## 1. SUPERFOOD MIX

**Sunwarrior Warrior Blend Vanilla**  
Vanilla's unique combination of organic pea protein, cranberry protein and organic hemp seed protein provides 19 grams of protein per 25-gram serving. Its nutrition profile is enriched by the addition of natural fibers and medium-chain triglycerides from coconut oil, plus it contains 32% of your daily value (DV) of iron.

\$30 per 1.1 lb,  
[sunwarrior.com](http://sunwarrior.com)

## 2. SIMPLY WHEY

**With 22 grams of protein per 28-gram serving, Tera's Whey Organic Plain Whey Protein** is a grass-fed, artificial growth hormone-free whey powder that's low in carbs and high in muscle-repairing protein.

\$34 per 12 oz,  
[teraswhey.com](http://teraswhey.com)

## 3. CHOCOLATY PROTEIN

**Giving you all nine of the essential amino acids, Sunfood Superfoods Raw Organic Chocolate Rice Protein Powder** is made with sprouted whole-grain brown rice protein, organic coconut palm sugar and organic cacao powder. Use it to help build lean muscle, enhance exercise endurance and shed fat – it provides 17 grams of protein per 28-gram serving.

\$50 per 2.5 lb,  
[sunfood.com](http://sunfood.com)

## 4. PREMIUM POWDER

**A water-soluble hemp protein powder containing 20 grams of protein per 30-gram serving as well as omega fatty acids, Manitoba Harvest Original Hemp Pro 70** is an easily digestible and nutrient-dense protein choice.

\$30 per 1 lb,  
[manitbaharvest.com](http://manitbaharvest.com)

## 5. POWER GREENS

**Comprised of vegan ingredients such as chlorella, spirulina, wheat grass, hemp protein and organic brown rice protein, Ojio Sport Ultimate Green Protein** is alkaline forming and energizing. With 15 grams of protein per 24-gram scoop, it's the perfect option for a pre-exercise boost.

\$60 per 1.59 lb,  
[sport.myojo.com](http://sport.myojo.com)

## 6. PLANT-BASED BLEND

**Brimming with antioxidants and vitamins, Philosophie Berry Bliss** contains camu camu, sprouted brown rice protein, pomegranate powder, goji berry powder and other organic superfoods, offering 10 grams of plant-based protein per 14-gram serving.

\$8 per 2 oz,  
[thephilosophe.com](http://thephilosophe.com)



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# A beautifying, whole-foods HAIR MASK

If your locks are looking less than lustrous, get to the root of it with this all-natural moisturizing hair and scalp treatment. It's as easy as making salad dressing!

BY LAUREN TOYOTA



Lauren Toyota is a Canadian television personality, hobby cook and blogger. She and her partner spend their free time in the kitchen creating tasty recipes and advocating a clean lifestyle through their blog, [hotforfoodblog.com](http://hotforfoodblog.com). Aside from what's on your plate, Toyota believes that what you put on your body is just as important. On their blog, you'll find quick and easy ideas to transform your life with do-it-yourself, all-natural cleaning and beauty product recipes. She hopes their blog will inspire and motivate people to live a clean, healthy and cruelty-free life.

Try this citrus sage hair treatment to moisturize your scalp and prevent dandruff. Sage is a traditional herbal hair remedy that helps promote healthy hair growth while the combination of grapefruit and lemon helps remove product buildup, allowing your locks to shine!

## Citrus Sage Hair & Scalp Treatment

### INGREDIENTS:

- › 2 fresh sage leaves, finely chopped
- › Juice of ½ grapefruit
- › Juice of ½ lemon
- › 1 tbsp jojoba oil (**NOTE:** You can also used cold-pressed olive oil.)

### INSTRUCTIONS:

1. Add sage leaves to ¼ cup boiling water and steep until cool.
2. Into a small bottle, pour juices and oil. (**TIP:** Use a salad dressing or oil bottle with a small spout for easy application to your scalp.)
3. Remove sage leaves from water and add sage water to juice-oil mixture.
4. Shake well before use. (**TIP:** Wash your hair first if you use a lot of styling products.) Apply to wet or dry hair. Working in sections, apply drops between parted hair, gently massaging the treatment into your scalp with your fingers. Allow it to coat all your hair down to the ends. Leave treatment on for 20 minutes. Rinse and wash hair as usual.

**NOTE:** Although this treatment is generally safe for all hair colors, use with caution if you've recently colored your hair.



1



2



3



4

## THE MANE REPORT

Treat your crowning glory to these three nourishing hair care products.

BY LAURA SCHOBER

### LIGHTWEIGHT STYLER

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### OH, BEHAVE!

Mineral Fusion Hair Repair Beauty Balm features a combination of botanicals and minerals to strengthen damaged hair and improve manageability. Sea kelp, argan oil, moringa seed and mongongo kernel nourish and protect the hair from the inside out for ultraglossy locks. \$13, at Whole Foods Markets nationwide and [minerafusion.com](#)



### SCALP SOOTHER

As a complement to your homemade hair mask, Max Green Alchemy Scalp Rescue Shampoo has a pH-balanced blend of botanical extracts, essential oils and vitamins such as tea tree, lavender and macadamia oil as well as antioxidant vitamins E and C to baby your scalp. \$16, [maxgreenalchemy.com](#)



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# The Garden Heir

Revered for their impossibly fresh flavor, unique shapes and rainbow of colors, vibrant heirloom tomatoes truly are royalty in most gardens.

BY LAURA SCHOBER



Autumn is peak season for heirloom tomatoes, which include varieties that range in color from stripes and golden hues to reds and purples. Load up on these beauties for use in a myriad of recipes or savor one on its own for its fresh, bright burst of flavor. Look for them at local farm stands through late summer into fall. They're loaded with antioxidants thanks to their rich amounts of lycopene, a pigmented carotenoid that gives red, orange and yellow heirlooms their one-of-a-kind colors and helps to scavenge disease-causing free radicals.

## Cherry Tomato and Orzo with Feta + Homemade Pesto

Serves 4

For the pesto (about 1 ½ cups):

- 1 large bunch fresh basil (about 2 cups packed leaves)
- ¾ cups Udo's Oil
- ½ cup grated parmesan
- 2-3 medium garlic cloves
- A small handful of pine nuts (about 1 tbsp.)
- Salt and freshly ground pepper, to taste

1. Loosely chop basil and mince garlic;
2. In a blender or processor, combine the basil, parmesan, garlic, pine nuts, adding the oil last, and blend;
3. Season with salt and pepper;
4. Set aside ¼ cup of pesto, refrigerate the unused pesto in a well-sealed glass container, and use within 7 days.



For the dish (about 6 cups):

- 2 cups cooked orzo (or quinoa or couscous)
- 2 cups cherry tomatoes, halved
- 1 large orange bell pepper, diced
- 1 cup feta cheese (5 ounces), crumbled
- ½ cup fresh flat-leaf parsley leaves, coarsely chopped
- ¼ cup homemade pesto
- Crushed red pepper flakes, to taste (optional)

1. Setting aside some feta for garnish, combine all ingredients in a medium mixing bowl; toss well;
2. Sprinkle with feta and serve.

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Photo credit: Usha Menard



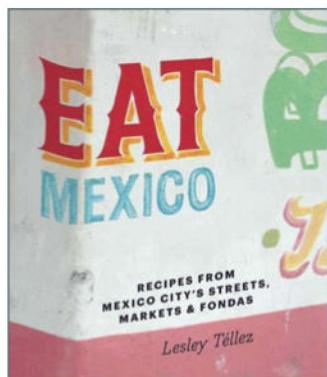
# FRESH PICKS

THE LATEST FOODIE OFFERINGS IN PRINT, ON-SCREEN AND ONLINE.

BY LAURA SCHOBER

## EAT MEXICO

A gorgeous cookbook showcasing mouthwatering Mexican fare, *Eat Mexico* leaves little to the imagination with its stunning photography and authentic recipes. Author Lesley Téllez uses a bevy of traditional ingredients to recreate the vibrant and flavorful Mexican eats from the streets, fondas (small family-style restaurants) and markets. Although canola oil is used in some of the recipes, it's easy to sub in a clean cooking oil, and the recipes rely on fresh ingredients. Téllez shows you how to make recipes like tortillas, salsas, tacos, enchiladas, roast chicken and Mexican hot chocolate, ensuring there is something for everyone. As the author notes, "It's not about speed or how perfect the plate looks in the end – it's about the steps themselves and taking pleasure in both the process and result." **By Lesley Téllez (\$25, Kyle Books)**

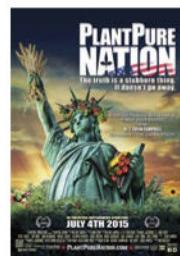


## IS SOUPING THE NEW JUICING?

From Soupure in Los Angeles to The Splendid Spoon in New York City, companies offering chilled and hot soup cleanses are making their mark as the latest health-food trend to help spur weight loss and increase nutrients and energy. Unlike juice cleanses, which can be high in sugar and low in fiber, souping is a fiber-rich, low-sugar alternative. The soups at Splendid Spoon are made with local produce, resulting in a fresh and flavorful seasonal menu, which includes everything from bone broths and herb-studded fruit soups to vegetable elixirs. Soupure's offerings are built upon local, seasonal ingredients that culminate in soups with complex, layered flavors and savory and sweet notes. With fall just around the corner, ordering or making your own soup cleanse may be just the kick start you need to get back on track. Check out *Clean Eating*'s delicious and comforting soup recipes at [cleaneating.com](http://cleaneating.com).

## PLANT-BASED CHANGE

From the production team behind *Forks Over Knives* comes *PlantPure Nation*, a US-filmed documentary directed and written by Nelson Campbell that explores the role of plant-based foods and nutrition within the realms of research, farming, food deserts and medicine. In addition to the screenings that have taken place across the country this summer, individuals who form their own "PlantPure Pod" communities will be able to screen the film in their city or town to keep the plant-based nutrition movement growing. Keep an eye on [plantpurenation.com](http://plantpurenation.com) for more information on upcoming screenings and events.



## 3-D APP

Dacuda has just debuted 3DAround, a free smartphone app that allows you to film anything in 3-D – including your dinner party courses or that edible flower-topped mimosa. The app enables you to use two modes – regular (30° capture of food) or expert (a full 360° capture) – for lifelike images that will trounce any heavily filtered Instagram pic. [3daround.dacuda.com](http://3daround.dacuda.com)

## The Bad-Fat Effect

You may want to think twice before bingeing on fatty foods. Researchers at the Virginia Tech College of Agriculture and Life Sciences found that eating foods high in saturated fats for as little as five days may change the way your muscles process food, potentially leading to weight gain and other health problems. In the study, college-aged males consumed a daily diet containing 25% saturated fat, eating foods high in saturated fat such as processed meats and cheeses (in dishes like sausage biscuits and mac and cheese) and non-grass-fed butter. Afterwards, the participants' muscles' ability to burn glucose was absent or severely blunted. (Participants consumed unhealthy types of saturated fat – not nutritious saturated fats such as coconut oil or grass-fed beef.) Further research will help reveal the effects combinations of exercise and fatty foods have on the body. For now, researchers recommend keeping active, limiting processed saturated fats and eating plenty of fruits and vegetables.



# *Attention Late-Night Snackers*

If you've ever stared gaping at the open fridge as the clock clicks 10 pm, there's a solid reason why. According to a recent study by researchers at Brigham Young University, your brain may not be satisfied by the foods you reach for late at night. It's the ultimate double whammy: When you eat late, not only do you miss out on the "food high" (a spike in brain activity that signals when your reward pathway is feeling satisfied from food), but you remain focused on snacking even more, no matter how full you feel. To find out why this is, researchers used MRIs to measure how subjects' brains responded to images of high-calorie and low-calorie food at different

times of day. *"We want people to become aware of how different things in your environment can affect your eating habits,"* says lead researcher Travis Masterson. *"We're learning that eating that piece of cake late at night actually won't satisfy you, and it won't give you a stop-eating signal, either."* This is another way we're learning how the brain changes over the course of a day. "Our reward pathways might not be as active at night, so it takes more food to feel more satisfied," says Masterson, who has adjusted his snack schedule since beginning the study. "I usually skip the dessert late at night and go for it during the day instead," he says. "I've learned that I'll feel much more fulfilled eating it earlier in the day."

chew on this  
**#411**

Marinate lean red meats in tenderizing agents such as vinegar or citrus, tomato or pineapple juices for perfectly moist proteins. The enzymes and acids in these liquids help break down meat fibers to reduce toughness. 





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# Punched-Up Pesto

Try this bright and clean twist on pesto and enjoy a perfect and practical fuss-free meal tonight.

When *Clean Eating* reached out to discuss collaborating, my heart smiled. I've been contributing to *CE* for many years now and I've always enjoyed the authentic content, fresh recipes and positive outlook the mag delivers. Each day, I work to perfect my craft with recipes, food styling, beautiful food imagery and developing hundreds of clean recipes for my cookbooks and television shows. A few years ago, I made a conscious choice to dedicate my landscape of work to eating clean. What a great feeling! I am truly living the life that I am gratefully able to share with you on these pages. There isn't a recipe out there I created that I didn't test myself – or on my friends, family and boyfriend. To me, food is about pleasure, nourishment and integrity and I am so proud to eat clean. I feel good about what we are doing for others, our health, the planet and our future. I am so excited to contribute some of my Clean Green Eats to all of you each month, right here on these pages. So let's get right to it! In light of our annual Budget Issue, I decided to share a filling, simple pasta with a light almond pesto.

Making homemade pesto is a soulful ritual in my Clean Green Kitchen, and I want you to feel that same love and nourishment in yours. Once you see how simple and delicious it is to whip up fresh, clean meals at home (like this almond pesto), you'll never go back to the oily, jarred, oxidized store-bought stuff again. This clean and nutritious pesto is full of antioxidants such as vitamins A, C and E. I still use all the traditional ingredients – garlic, olive oil, salt, basil and raw almonds – for a creamy, nutty and protein-packed sauce. A little of this potent pesto goes a long way, so use sparingly! I hope you enjoy this fresh, filling meal made with love.

**CANDICE KUMAI:** Chef, healthy lifestyle expert and best-selling author of five cookbooks including *Clean Green Eats* (Harper Wave, 2015). Kumai has appeared as a judge on *Iron Chef America* and is a regular contributor on *The Dr. Oz Show* and *E! News*.

## Light Almond Pesto Pasta

SERVES 4.

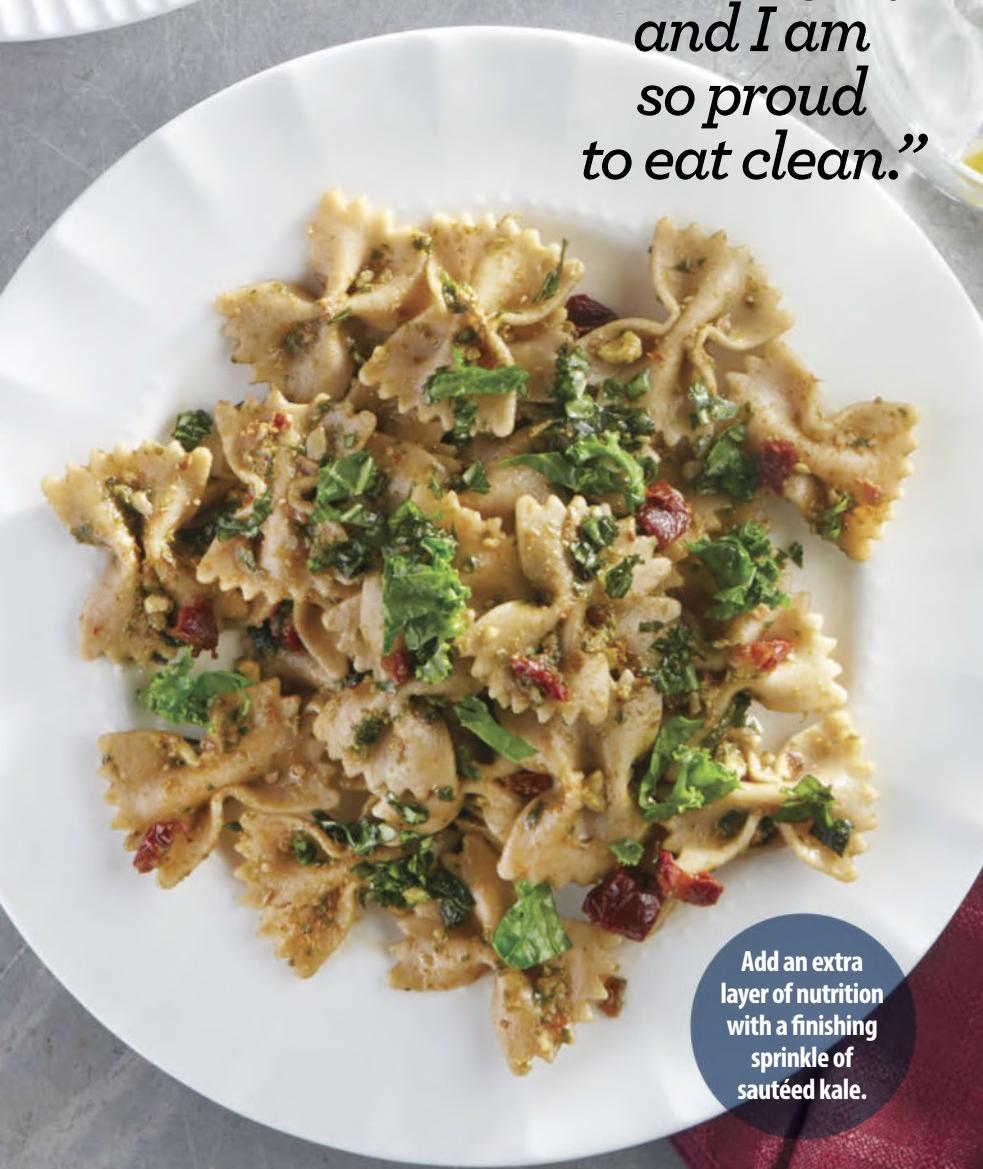
### INGREDIENTS:

- **¾ cup whole raw almonds**
- **3 cups fresh basil leaves, stems removed**
- **3 garlic cloves, roughly chopped**
- **¼ cup oil-packed sun-dried tomatoes (measure with minimal oil)**
- **½ tsp sea salt**
- **½ cup extra-virgin olive oil**
- **2 tbsp fresh lemon juice**
- **1½ cups penne or bow-tie pasta (whole-wheat or gluten-free)**
- **1 to 2 tbsp thinly shaved Parmesan cheese or nutritional yeast, optional**

### INSTRUCTIONS:

**ONE:** To a food processor, add almonds and pulse until ground. Add basil, garlic, tomatoes and salt; pulse again to combine. Once ingredients are somewhat mealy, gradually add oil and ¼ cup water and process until the mixture is finely chopped yet still has texture, about 1 minute. Pulse in lemon juice.

**TWO:** Prepare pasta according to package directions. When it's al dente (firm to the tooth), strain and cool slightly. Transfer warm pasta to a large bowl and toss with ½ cup pesto until coated. Add sautéed kale, if desired. Top with fresh basil and cheese (if using), and enjoy!



CANDICE'S  
BUDGET-FRIENDLY

*"To me, food is about pleasure, nourishment and integrity and I am so proud to eat clean."*

- **DIY dressings:** Save time, money and calories by making your own fresh marinades, sauces, dressings and soups at home. Most likely, you already have everything you need to make fresh dressings right in your pantry. An arsenal of olive oils, herbs, spices and staples like Dijon and apple cider vinegar are all it takes to make hundreds of dressings.

- **Buy greens in bulk:** The more spinach, arugula or mixed greens you purchase, the more savings you'll find. Excess greens can be blended into juices and smoothies, whizzed in fresh pesto or tossed into soups, on top of pizzas and into grain salads.

- **Health is wealth:** Sometimes it's not just about savings. I'm totally okay with spending a bit more on my fresh, organic produce because I've always kept the mantra that health is wealth. Fresh organic produce is full of nutrients, contributes to healthier soils, uses less pesticides (better for us and our planet) and truly does taste better than conventional produce.

- **Clean green bulk baking:** I buy all my grains and seeds, such as oats, barley, amaranth and quinoa, in bulk. I also save serious cash buying my flour, dark chocolate chips and coconut sugar in bulk stores.

- **Cook in season, cook in style:** Remember that what's in season is what's in style, so shop for what's on sale and in season at your local grocer, or hop to your local farmers' market and go for the best deals possible. Play *Top Chef* and cook an experimental meal based on the ingredients you purchase that day. When shopping in season, you'll also get the produce at its peak in flavor, color and nutrients. ☺

Add an extra layer of nutrition with a finishing sprinkle of sautéed kale.

**NUTRIENTS PER SERVING (1/4 OF RECIPE):**

**CALORIES:** 321, **TOTAL FAT:** 22 g, **SAT. FAT:** 2.5 g, **MONOUNSATURATED FAT:** 16 g, **POLYUNSATURATED FAT:** 3.5 g, **CARBS:** 25 g, **FIBER:** 5 g, **SUGARS:** 2 g, **PROTEIN:** 9 g, **SODIUM:** 176 mg, **CHOLESTEROL:** 0 mg

# THE NEW RULES OF *Cooking School*



"Clean eating is not a fad or buzz phrase any more. This is a real need. My passion to teach students about an ingredient, **where it comes from and how it's grown creates a real connection to food.**"

BY ALICIA REWEGA

A pioneer of several health-based culinary programs in North America, **Chef James Smith** is determined to change the way cooks and next-generation chefs perceive and prepare food. Now, this clean-cooking, farm-to-fork proponent has joined forces with *Clean Eating* for the soon-to-launch Clean Eating Academy, an online cooking school with an unparalleled mission to get people eating and cooking cleaner than ever. Whether you're looking to expand existing skills or you're a motivated home cook with a passion for health food, this September, Chef James is rolling up his sleeves and getting his hands dirty to teach you everything you need to know about clean eating. Sound intriguing? Sign up now at [aimhealthyu.com/cea](http://aimhealthyu.com/cea).

You're Australian.  
When did you get to Canada and what brought you here?

I grew up in a small dairy-farming community in southeastern Australia called Bega. I grew up with some international flavor as my mum liked to experiment with spices and recipes from India and Morocco. Once I got my license and first car, while my friends were out partying on a Friday night, I went to find different restaurants to

taste food. In March 1988 on a trip to New Zealand, my friend and I met some people from Calgary and they invited us to spend a white Christmas in Canada. I'd never seen snow, so we bought tickets and in December that year we flew to Canada via Hawaii. Unfortunately, I packed more for Hawaii and less for Canada! Flying into Vancouver, we got out of the airport and into rain. Checking into the bus depot to buy tickets to Calgary, we found an amazing deal: \$100 for a one-way ticket right across Canada. So long as we were going in one direction, we could get off the bus and back on any time in any city that the bus stopped in. It was the craziest and most amazing trip I've ever taken.

**What ignited your passion for food and eventually lead you to become a chef?**

After a long trek across Canada, I was talking to a few people at a hostel I was staying at in Toronto about what I should check out while there. One fellow was going into Chinatown to eat and invited me. He took me to a Thai-Vietnamese restaurant where I tried fish head soup for the first time. It had a lot of stuff floating in it that I'd never tried and I remember the fish eye staring up at me from the bowl. With trepidation, I took a scoop of the broth, closed my eyes and went for it. WOW! It was the most delicious broth I'd ever tasted. Flavors that I would later come to know as lemon grass, kaffir lime, fish sauce and paste. It was so good that I ate the whole thing and cleaned the bones of the fish and asked for another! This was the moment that I truly fell in love with food and everything about it.

**How did you wind up starting healthy culinary programs at so many schools?**

I became very interested in nutrition and what goes into foods when I got my first non-restaurant job working on a Food Network Canada TV show. We began writing recipes, testing and looking at the nutrition data. I went on to write for *Canadian Living*,

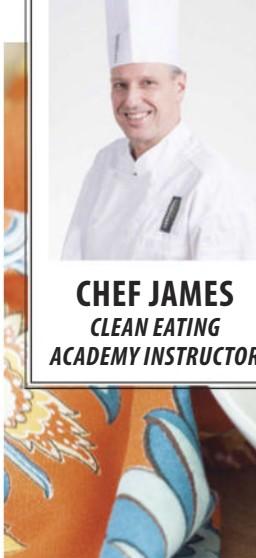
which was even more nutrition and analysis-based. Then finally, when I took a job at George Brown College as a research chef, I heard about a culinary program that would change my life and the lives of many chefs who are in a time when food, nutrition and health has grown to become one of the most important advances in our industry. I moved from training chefs the time-honored tradition of cooking to placing a focus on cooking for nutrition and good health. I helped shape the culinary nutrition program at George Brown College, leading and developing the program in areas of food science, food labeling and nutrition and then moved on to do the same at two other schools.

### Why is influencing a cleaner food scene so important to you?

Clean cooking is important for so many reasons: To know what's in your food, to adjust recipes, but also how to create nutritious and tasty foods without the need for so much salt, sugar and fat. In this busy and fast-paced time, eating clean and remaining healthy are more important than ever to future chefs. Food can be tasty, delicious and healthy at once. We rely on medications to solve our health issues now, and while medications are important in some cases for healing purposes, moving to eating a clean, nutritious diet can proactively help us enjoy longer lives and rely less on medication and more on prevention via food.

### What's your favorite dish to make for friends and family?

I love slow cooking. Inspired by my roots in Australia, where we pair a lot of fruit with meats and fish, I adapted a slow-braised short rib recipe with hoisin sauce (I make my own, but there are some good options in stores) and papaya along with other ingredients that are found in traditional braising liquids. It's sweet, fruity and lightly salted, and the meat is very tender and juicy. Once the ribs are done, I remove them, blend the sauce and serve it with the ribs. It's a recipe that can also be done in a slow cooker, which I enjoy using for convenience.



**CHEF JAMES**  
**CLEAN EATING**  
**ACADEMY INSTRUCTOR**



## Papaya & Hoisin-Braised Short Ribs

**SERVES 8. HANDS-ON**

**TIME: 30 MINUTES.**

**TOTAL TIME: 2 HOURS, 45 MINUTES.**

### INGREDIENTS:

#### HOISIN SAUCE

- 1 tbsp safflower oil
- 3 cloves garlic, minced
- 1 tbsp peeled and minced ginger
- 2 tsp five-spice powder
- ¾ cup unsweetened applesauce
- ½ cup red miso paste
- 3 tbsp rice vinegar

#### RIBS

- 1 tbsp olive oil
- 2 to 2½ lb short ribs (4-bone, 2-inch-thick portions)
- ½ tsp ground black pepper
- 1 onion, minced
- 4 cloves garlic, chopped
- 3 tbsp unsalted tomato paste
- 3 bay leaves
- 1 small papaya, peeled, seeded and cut into cubes

- 4½ cups low-sodium chicken broth
- 1 tbsp reduced-sodium soy sauce

### INSTRUCTIONS:

**ONE:** Prepare hoisin sauce: In a saucepan on medium, heat safflower oil. Add 3 cloves garlic, ginger and five-spice powder. Cook, stirring, until fragrant, about 45 seconds.

**TWO:** Add applesauce, miso, vinegar and 3 tbsp water. Bring to a boil and simmer until thickened, about 10 minutes. Let cool and store in a jar with a lid, refrigerated, until ready to use.

**THREE:** In a Dutch oven on medium-high, heat olive oil. Season ribs with pepper and sear, turning to brown all sides. Transfer ribs to a plate and set aside.

**FOUR:** Reduce heat to medium, and to same pan, add onions; sauté until translucent and beginning to lightly brown. Add 4 cloves garlic and sauté for 1 minute longer.

Add tomato paste and sauté about 1 minute while mixing well.

**FIVE:** Return ribs to pan and coat well with tomato paste mixture. Add bay leaves, papaya, broth and soy sauce to the pan along with ½ cup hoisin sauce and bring to a boil. Turn heat down to a simmer, then cover and braise for 2 hours, checking every so often to ensure the ribs are covered with liquid.

**SIX:** Check the ribs after 2 hours. When tender, remove ribs from liquid. Set ribs aside and cover with foil to keep warm.

**SEVEN:** Transfer mixture from pan to a blender and purée until smooth. Return to pan and simmer to reduce to desired consistency; check seasoning. If needed, add more hoisin sauce.

**EIGHT:** Cut ribs into 1-bone pieces and return to sauce to heat through.

## be inspired // cooking with

### What can students get from the Clean Eating Academy they can't find anywhere else?

The CEA allows students to get skills and practice them from their own place of convenience. With this first course, students acquire basic culinary and knife skills as well as the theory behind eating clean and basic nutrition. This all from their own kitchens where they can be comfortable and take their time practicing the techniques.

### Describe your teaching style.

My style is more of that of a mentor. I like to guide students and show them the techniques, but after that, it's all about practice. Cooking is an art and a craft, and while talent varies, practice can lead to amazing meals that, over time, can build to be showstoppers. Allowing students to explore and try new things is key. My style also tends to create comfort. Food is about love and life. It should be treated as such.

### What other food philosophies are you eager to share with CEA students?

I believe the need for us to get back to our roots and try to be more conscious of local and sustainable ways to feed our families is extremely important. Clean eating is not a fad or buzz phrase any more. This is a real need. My passion to teach students about an ingredient, where it comes from and how it's grown creates a real connection to food. Respecting clean, well-grown and nurtured ingredients has been a guide and path for me. While doing this 100% of the time for many is tough, I feel there is a leaning towards making a stronger connection to our food, farmers and communities, and it is wonderful. It's this philosophy that I share deeply with *Clean Eating*.

### Why should more people reconsider the way they shop, cook and eat to be more clean in their approach to food?

Mass-produced and heavily processed foods have taken a lot of pleasure out of eating. Ingredients have become engineered and grown with the use of technology more than tradition. Finding ways to produce more in smaller areas and on the same piece of land has changed how our food tastes. It's more crucial than ever to find farmers that understand and value the land and the vegetables, fruits and animals they grow and raise. Knowing where your food comes from and how it was treated and nurtured is key to sustaining a healthy and balanced lifestyle. It definitely makes our quality of life so much better.

### Is this course only for hopeful chefs?

Absolutely not. This program will change how anyone looks at and feels about food. They will think about foods before they cook them. They will begin to understand how to get the very best out of any ingredient to maximize

nutrition benefits, and more importantly, how to make it taste amazing with the least amount of processing. They'll begin to explore how to combine flavors and how to taste foods as they truly taste. This course will take your skills to a whole new level. While you may not want to go on to working as a chef, you will know how to make delicious meals that will keep you both satisfied and healthy. If you do decide to go into a culinary profession, you will be ahead of the game!

### Where's a fun place to get started with clean cooking?

Try it one ingredient at a time. Place a local ingredient beside one that's not local and taste the difference. Not just in taste, but also in texture and how it makes you feel inside. After you do this several times with different fruits, vegetables and proteins that are local, organic and in season versus conventional, out-of-season food shipped from many thousands of miles away, you will begin to slowly change the way you eat and taste the subtle wonders of a clean and minimally processed ingredient and it will change your life! ☺

PHOTO PAUL BUCETA



Learn how to cook the way nature intended! Join the Clean Eating Academy online and get the nutrition information and culinary skills you need to master clean cooking in the comfort of your own kitchen. Visit [aimhealthyu.com/cea](http://aimhealthyu.com/cea) to enroll and enter to win a free online course!



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**FOODIE**  
JULIE O'HARA

# Snack on Apple Cinnamon Coffee Cake

With less than 300 calories, this classic casual cake is ready for everyday indulgence.

BY JULIE O'HARA, PHOTOGRAPHY BY GIBSON & SMITH

One of my favorite simple pleasures is a daily cup (or two) of dark, strong espresso roast. So, it delights me that there's a whole category of cake created just to enhance the coffee-drinking experience. But I'm getting ahead of myself. In reality, I avoided these treats for years because I believed fit, healthy people only ate cake on special occasions, like birthdays and graduations.

It wasn't until I started using natural ingredients and new techniques to reboot classic dishes that coffee cake came back into my life. Since the September issue of *Clean Eating* celebrates all things fall, I knew my recipe makeover had to be apple-themed. Now, I had to come up with a moist, sweet cake that didn't send you all into sugar shock.

## Don't sugarcoat it

Coffee cakes in general are deceptive. They often pretend to be wholesome ("Hey, look at us! We're not slathered in buttercream and covered in sprinkles – we're healthy!"), yet the traditional recipes I found were packed with sugar. For example, the comparison recipe has 80 grams per serving, more than three times the amount the average woman should consume in a day. Based on cake makeovers I've done in the past, I knew I could reduce the sugar and still satisfy my sweet tooth. I chose to use Sucanat, not just because it's minimally

processed, but because its molasses-like flavor adds more complexity than white sugar ever could.

## A great glaze

The other major area of contention when it comes to coffee cakes is the topping. An unadorned cake isn't very enticing, so I wasn't about to skip the frosting. What I wanted was a simple glaze to drizzle over top so that no tools were required. In classic recipes, this type of icing is made by combining a lot of powdered sugar with a bit of milk. Since there's no natural equivalent to processed powdered sugar that will produce a smooth glaze with the traditional method, I had to get creative.

I tried different combinations of cream cheese, Sucanat, maple syrup and more. Finally, I landed on my perfect glaze using just two ingredients. First, I made a simple syrup by dissolving evaporated cane juice in water. Then I beat the syrup with cream cheese in several additions to avoid lumps.

The result was a smooth glaze that looks like the traditional version. This new one, though, is a whole lot tastier, thanks to rich and tangy cream cheese. It's a perfect match for the sweet-tart apples and spicy cinnamon. If you still think you need a special reason to enjoy this cake, how about celebrating a beautiful fall afternoon? Coffee's optional, but highly recommended.

## APPLE PICKIN'

Did you know over 2,500 varieties of apples are grown in the United States? How do you choose which ones to use in your baked goods? Generally speaking, the best apples to use in baking will hold their shape when cooked and have a touch of tartness to them. On top of that, apples top the Environmental Working Group's 2015 Dirty Dozen – a list of the most pesticide-contaminated fruits and vegetables – so it's important to choose organic if possible. Here are our top apple picks for baking, all available organic.



**FUJI:** Sweet with a slightly crisp bite. Works for both eating and baking. (It's Julie's fave for this cake!)



**GALA:** Delicate, not-too-sweet flavor; more soft than crunchy and great for baking or eating. (Also try it on a cheese plate.)



**GRANNY SMITH:** The classic pie apple; tart, crisp and perfect for baking.



**BRAEBURN:** Tart and complex with a softer texture makes this variety a baking superstar.



**CAMEO:** Firm, creamy texture with flavor that's on the sweet side; excellent both for baking and making applesauce.

As a seasoned writer and recipe developer, *CE's* Resident Foodie Julie O'Hara has delved into everything from restaurant reviews of tasty travel hot spots to offering up her insider tips for preparing a deliciously clean turkey dinner. Her work has also graced the pages of *Shape*, *National Geographic Traveler*, *SELF* and *Vegetarian Times*. Plus, she blogs about cooking! [amazinglingoftastes.com](http://amazinglingoftastes.com)



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## Apple Cinnamon Coffee Cake

WITH CREAM CHEESE GLAZE

**YOU SAVE:** 413 CALORIES,  
17.5 g TOTAL FAT, 66 g CARBS,  
236 mg SODIUM

**SERVES:** 9.**HANDS-ON TIME:** 20 MINUTES.**TOTAL TIME:** 45 MINUTES.**INGREDIENTS:**

- 6½ tbsp organic unsalted butter, room temperature, divided (**TRY:** Horizon Organic Unsalted Butter)
- 1¼ cups whole-wheat pastry flour
- 1½ tsp ground cinnamon
- 1¼ tsp baking powder
- ½ tsp sea salt
- ¼ tsp baking soda
- ⅔ cup Sucanat
- 2 large eggs, room temperature
- ½ cup whole milk, room temperature

- 1 large apple such as Fuji, Gala or Braeburn (about 7.5 oz), peeled and chopped into ½-inch pieces (about 1½ cups)

- 3 tbsp organic evaporated cane juice
- ¼ cup full-fat cream cheese, room temperature

**INSTRUCTIONS:**

**ONE:** Preheat oven to 350°F. Grease an 8 x 8-inch baking pan with ½ tbsp butter and line base of pan with parchment paper.

**TWO:** In a large bowl, whisk together flour, cinnamon, baking powder, salt and baking soda. Set aside.

**THREE:** In the bowl of a stand mixer fitted with a paddle attachment, beat Sucanat and remaining 6 tbsp butter on medium until mixture is fluffy and begins to stick to sides of bowl, 1½ to 2 minutes. Add

1 egg and beat on medium-low until just incorporated; repeat with other egg. Add one-third of flour mixture and beat on lowest speed just until combined. Add one-third of milk and beat on lowest speed just until combined. Repeat with two more additions of flour and two more additions of milk, alternating between the two. Stir in apples by hand.

**FOUR:** Transfer batter to prepared pan and bake until a toothpick comes out clean and edges just begin to pull away from sides of pan, about 25 minutes. Cool on a wire rack for 10 minutes. Invert cake onto a plate and gently peel off parchment. Invert back onto wire rack so cake is right-side up; cool completely.

**FIVE:** Meanwhile, prepare glaze: In a small saucepan on

medium, combine cane juice and 3 tbsp water; stir until cane juice dissolves, 1 to 2 minutes. Transfer to a heat-proof container and cool slightly. In a medium bowl, with an electric mixer on high, beat cream cheese until smooth and fluffy (this could also be done with a stand mixer). Add about one-quarter of cane juice mixture and beat until smooth, 1 to 2 minutes. Add remaining cane juice mixture in three more additions, beating until smooth each time.

**SIX:** Pour glaze over cooled cake in long, diagonal ribbons, making a crosshatch pattern. (**MAKE AHEAD:** Cake keeps at room temperature in an airtight container up to 1 day. Make glaze and pour over cake just before serving or up to 2 hours ahead.)

**Nutrients\*: THEN AND NOW**

Compared with a traditional coffee cake\*\*:

Nutritional Facts	THEN	NOW
Calories	670	257
Total Fat (g)	29.5	12
Sat. Fat (g)	14	7
Carbs (g)	100	34
Fiber (g)	3	3
Sugars (g)	80	20.5
Protein (g)	5.5	4
Sodium (mg)	509	273
Cholesterol (mg)	93	72

\*Serving size is 1 square or ¼ of cake.

\*\*The coffee cake used for comparison is the Chunky Apple Cake with Cream Cheese Frosting on food.com ☺



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# PROTECTIVE PEPPERS

Discover the surprising and lesser-known healing properties of hot peppers. BY TOSCA RENO



**On a recent city outing,** with my GPS pointed in the direction of culinary discoveries, I stumbled upon a boutique where peppers of all nature were displayed alongside exotic spices from around the globe. These were no ordinary peppers, arranged as they were by degrees of heat from hot to hotter to hottest. I was intrigued by names like Bird's Tongue Chile, Espelette, Naga Viper and Satan's Kiss. I began to imagine writing about these dangerously hot fruits as I laid out my purchases.

As so often happens, synchronicity, the intersecting of time and circumstance, then produced numerous references to peppers. While I was studying plant-based cancer treatments, peppers were mentioned. While I worked on methods to increase metabolism, peppers again made an appearance. Rather counterintuitively, peppers also arose as an aid for treating ulcers and other gut issues. Not the first thing you would think of for soothing an injured digestive tract.

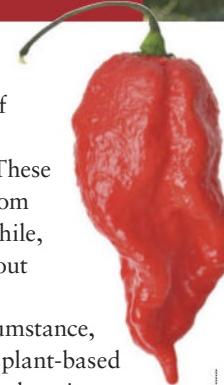
When comparing the heat of capsicums, or peppers, the first thing to know is how that heat is measured. In 1912, American pharmacist Wilbur Scoville created the Scoville Organoleptic Test to measure capsaicin, the molecule in peppers that contributes most of the heat. Capsaicin concentrations can range from as mild as zero Scoville units in sweet bell peppers to as high as 2 million in the white-hot Trinidad Moruga Scorpion and Carolina Reaper varieties.

Part of the pepper plant's natural defense strategy against pests and invasive organisms lies in the very compounds that deliver intense flavor and heat. Capsaicin drives away invaders, yet for humans, this fiery phytochemical provides powerful nutritional value. Dried chiles are a concentrated source of vitamin C, and they're also high in vitamin A and beta-carotene, which are necessary for optimum health particularly relating to eyesight, immune function, skin and mucus membranes.

What I find exciting is that peppers are rich in opiate-like chemicals, the "high"-generating neurotransmitters that block our sense of pain. While peppers can make pain disappear, they may also lower blood pressure, so the heart and head are well protected by these feisty fruits. If you are a fan of strenuous exercise, then be delighted by the fact that eating chiles can initiate the release of endorphins during training, which gives you a feeling of euphoria, drug-free. Your workouts improve with a dash of hot sauce.

As an anti-cancer treatment, recent research into hot peppers shows promising activity against cancer cells. Red hot chile peppers appear to have chemotherapeutic effects and can induce cancer cell suicide, or apoptosis. According to a 2014 study published in *Tumor Biology*, the capsaicin in hot peppers like cayenne and jalapeños may have the ability to zero in on some cancer-causing agents and have a protective effect on the stomach.

More research is still needed, but it's hard to ignore the bounty of medicine that exists in nature's plant offerings. If you can learn to love the heat, hot peppers deliver remarkable nutritional strength in every fire-breathing bite. ☺



## SOME PEPPERS AND THEIR SCOVILLE RATINGS

(The higher the number, the hotter the pepper):

### SWEET BELL PEPPER

0

### JALAPEÑO

2,500 - 8,000

### CAYENNE

30,000 - 50,000

### THAI PEPPER

50,000 - 100,000

### HABANERO

350,000

### RED SAVINA HABANERO

577,000

### BHUT JOLOKIA (GHOST PEPPER)

855,000 - 1,041,427

### TRINIDAD MORUGA SCORPION

2,000,000

### CAROLINA REAPER

1,400,000 - 2,200,000

When nutritional therapist **Tosca Reno** was raising five children under one roof she still managed to write numerous books. Her *New York Times* best seller is *Your Best Body Now* (Harlequin, 2010), and *Tosca Reno's Eat Clean Cookbook* (Robert Kennedy Publishing, 2009) was nominated for the prestigious *Gourmand World Cookbook Award*. Order copies of her books at [toscareno.com](http://toscareno.com).

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^At Time of Manufacture.

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# COOK SUNDAY

## For the Whole Week!

A little prep on Sunday yields supremely healthy and cost-effective meals for the week, plus you'll have more free time to unwind after a long day!

BY AMY SYMINGTON,  
PHOTOGRAPHY BY KRIS OSBORNE

Eating healthy can seem overwhelming, costly and laborious at times. But it doesn't have to be. With a bit of planning and a little Sunday prep, you can save considerable amounts of cash while simultaneously improving health. By ensuring that you and your loved ones have routine meals and healthy snacks available, you'll boost energy and focus, as well as stabilize moods and blood sugar levels throughout your day. A fridge full of healthy prepared vegetables, grains and good quality protein helps to make nutrient-dense and fiber-rich foods the default in your home, minimizing impulsive, unhealthy snacking and ordering takeout when too hungry and tired to cook. Having these healthy ingredients on hand and ready to use also prevents chronic

breakfast- and lunch-skipping, which can slow metabolism and leave you feeling sluggish the rest of the day. To prepare a few staples for the week ahead, it's best to select one day a week, like a Sunday, when you and your family are free for a couple of hours. By getting everyone in the household involved, they'll feel more invested in the foods they're eating and therefore will be more likely to eat the healthy meals and snacks provided. Not to mention that many hands make for light work! Clear your counter and follow these easy foolproof recipes this weekend and prepare yourself for a healthy, organized week ahead!



GRAIN BOWLS ALLOW  
YOU TO CUSTOMIZE  
GOOD HEALTH TO  
PERSONAL TASTE.

## 1. SOAK & COOK BEANS

**Soak beans overnight. Drain, rinse well and boil with fresh water until soft throughout. Use cooked beans as is, or use onion, garlic and spices to add layers of flavor as we did with our spiced refried bean recipe below. Use it as a delicious base for protein-packed burritos, taco salads, grain bowls, dips and sloppy Joes.**

## SPICED REFRIED BEANS

MAKES 4 CUPS.

### INGREDIENTS:

- 2 tsp olive oil
- 2 small onions, diced
- 4 cloves garlic, minced
- 2 tsp each ground coriander, cumin and chile powder
- ½ tsp cayenne, optional
- 4 cups cooked pinto beans (or 2 15-oz BPA-free cans pinto beans, drained and rinsed)

### INSTRUCTIONS:

**ONE:** In a medium sauté pan on medium, heat oil. Add onions, garlic, coriander, cumin, chile powder and cayenne (if using). Sauté for 5 minutes until spices are fragrant and onions are soft. Add beans and cook for 5 minutes longer.

**TWO:** Add ½ cup water; using a fork or a masher, slightly mash beans. Remove from heat and let cool. Transfer cooled beans to an airtight container and refrigerate for later use.

**MIX IT UP:** For a different flavor profile, substitute pinto for black beans; add 1 tbsp cocoa powder and 2 tsp chipotle peppers in adobo sauce.

### NUTRIENTS PER SERVING (½ CUP):

**CALORIES:** 147, **TOTAL FAT:** 2 g, **SAT. FAT:** 0 g, **CARBS:** 25 g, **FIBER:** 9 g, **SUGARS:** 1 g, **PROTEIN:** 8 g, **SODIUM:** 22 mg, **CHOLESTEROL:** 0 mg

## 2. WASH & CHOP VEGGIES

**Prep and cook your raw veggies so they're ready to use for snacks, stir-fries, salads, sandwiches and wraps.**

## 25-MINUTE VEGGIE PREP

- 6 large carrots, cut into batons or sticks
- 6 stalks celery, cut into batons or sticks
- 1 lb snow peas, strings removed
- 1 head broccoli, cut into large florets; lightly steam half
- 1 head cauliflower, cut into large florets; lightly steam half
- 2 large carrots, grated
- 2 beets, grated
- 2 bell peppers, chopped
- 3 yellow onions, sliced and sautéed

### STORAGE TIPS:

**ONE:** Store carrot sticks, celery sticks and snow peas in cold water in the fridge until ready to use. Use within 6 days.

**TWO:** Pat steamed broccoli and cauliflower florets dry and place in separate resealable bags. Date and place in freezer. They will last up to 8 months and are ready to use in soups, casseroles, curries and salads. Place remaining raw broccoli and cauliflower in a bowl and cover with a damp towel; store in fridge up to 5 days.

**THREE:** Place grated vegetables in an airtight container covered with a moist towel; seal and store in fridge. Use within 6 days.

**FOUR:** Place bell peppers in an airtight container covered with a moist towel; seal and store in fridge. Use within 6 days. Store sautéed onions in an airtight container and use within 5 days.

## 3. PREP & STORE LEAFY GREENS

**Prep kale, swiss chard, collard greens or spinach for easy use in smoothies, salads, soups and sandwiches. They'll stay crisp and green longer, too.**

Thoroughly wash about 3 bunches of greens by filling a clean sink with cold water. Immerse greens in water. Agitate to loosen any dirt. Allow dirt to settle on the bottom of the sink before removing greens, about 5 minutes. If greens are still dirty (for example, if they

feel gritty when you rub them between your fingers), repeat the above until they are completely clean. Dry using a salad spinner or towel. If using for salads or sandwiches, remove stems and tear leaves into bite-size pieces. If using for smoothies, leave stems on and tear

leaves into larger pieces. If using to make wraps, remove ends and store whole. Place in airtight containers, cover with a damp towel, seal container and refrigerate. This will keep your greens crisp for days longer than if you simply place them in the fridge following purchase.

#### 4. MAKE SMOOTHIE PACKS

Freezing 5 to 10 premeasured smoothie ingredients in individual freezer bags makes for easy breakfasts or speedy snacks.

## GREEN MONKEY SMOOTHIE

SERVES 1.

#### INGREDIENTS:

- 1 small banana
- 2 cups spinach
- 2 tbsp unsweetened cacao powder, plus additional to taste
- 2 tbsp natural unsalted peanut butter
- 1 tbsp hemp seeds
- 2 large pitted dates, optional
- 1 tsp moringa powder, optional
- 1½ cups unsweetened almond milk

#### INSTRUCTIONS:

**ONE:** To a medium zip-top freezer bag, add all ingredients except milk. Freeze until ready to serve.

**TWO:** To serve, empty contents of bag into a blender. Add milk and blend until smooth.

**NUTRIENTS PER SERVING (1 SMOOTHIE):**  
**CALORIES:** 415, **TOTAL FAT:** 24.5 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 12 g, **POLYUNSATURATED FAT:** 6 g, **CARBS:** 41 g, **FIBER:** 11 g, **SUGARS:** 14 g, **PROTEIN:** 17 g, **SODIUM:** 326 mg, **CHOLESTEROL:** 0 mg

## 5. MAKE A BATCH OF GRANOLA

Make your own granola to serve with fresh fruit and your favorite yogurt for a quick breakfast.

## APRICOT COBBLER GRANOLA

SERVES 10.

#### INGREDIENTS:

- 5 cups rolled oats
- 3 cups quinoa flakes
- ¼ cup pure maple syrup
- 2 tbsp coconut oil, melted
- 2 tsp each ground cinnamon and ginger

- ½ tsp each ground allspice and nutmeg
- 1 cup sliced unsalted almonds, toasted
- ½ cup unsweetened coconut flakes, toasted
- 2 cups dried, sulfite-free apricots, unsweetened, cut into ¼-inch cubes

#### INSTRUCTIONS:

**ONE:** Preheat oven to 325°F and line 2 baking sheets with parchment paper.

**TWO:** To a large mixing bowl, add oats, quinoa, maple syrup, coconut oil and spices. Toss to coat well.

**THREE:** Spread granola out on baking sheets. Bake until golden brown, about 12 to 15 minutes. Remove from oven, toss well and bake for 5 minutes more. Remove and let cool.

**FOUR:** To a large mixing bowl, add oat mixture and mix in almonds, coconut and apricots. Transfer to storage containers.

**FIVE:** To serve, place 1 cup granola in a bowl with ½ cup cultured yogurt (dairy or non-dairy) and top with fresh fruit.

#### NUTRIENTS PER SERVING (¾ CUP):

**CALORIES:** 468, **TOTAL FAT:** 15 g, **SAT. FAT:** 5.5 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 74 g, **FIBER:** 11 g, **SUGARS:** 17 g, **PROTEIN:** 12 g, **SODIUM:** 11 mg, **CHOLESTEROL:** 0 mg

## 6. PRECOOK GRAINS

Precook 5 cups of grains like millet, barley, bulgur, quinoa, wild rice, teff, or wheat berries. Add to salads, stuff into wraps or refry to go with stir-fries or curries to boost fiber intake.

**STORE IT RIGHT:** Once cooked, let grains cool. Transfer to zip-top bags. Refrigerate and use within 4 days. Alternatively, freeze them for use within 4 months. (To prevent grains from sticking together, place bags on their sides on baking sheets, ensuring grains are evenly spread out. Place in freezer. Once grains are frozen, about 3 hours, remove baking sheets and store grains in freezer normally.)

## NOW TURN YOUR PREP

### Breakfasts

**SMOOTHIE BOWL:** To a cereal bowl, add your favorite smoothie and top with toasted oats, fresh fruit, nuts and seeds.

**GRANOLA:** Eat your premade granola straight up with milk or a milk alternative, or in a parfait with yogurt and heaps of fresh fruit.

**GRAIN PORRIDGE:** Reheat your prepared grains with milk or a milk alternative, cinnamon and maple syrup and top with toasted nuts and fresh fruit.

### Snacks

**BUGS ON A LOG:** Top celery sticks with 1 tbsp nut or seed butter and sprinkle with dried fruit such as raisins, currants or mulberries.

**VEGGIES WITH BEAN DIP:** To a food processor, add 1 cup prepared beans with ½ cup water and juice of ½ lime; process until smooth. Serve with veggie sticks.

**QUICK SALSA:** Add 1 cup diced tomatoes, 1 diced avocado, ¼ cup chopped cilantro and 1 minced green onion to 1 cup prepared beans. Mix together and serve with organic corn chips or toasted whole-grain pita chips.

**GREEN CHIPS:** Preheat oven to 300°F and line a baking sheet with parchment paper. To a medium bowl, add 4 cups torn kale and/or Swiss chard. Toss in 2 tsp grape seed oil and seasoning of your choice. (Try 1 tsp smoked paprika and ¼ cup nutritional yeast for a tasty combination.) Spread evenly on baking sheet without overlapping and bake for 25 minutes or until crispy. Rotate sheet in oven and toss halfway during cooking if necessary. Sprinkle with 1/8 tsp salt.

# INTO ENDLESS SNACKS & MEALS:



Don't stop here — use your Sunday yield to dream up more snack and meal ideas!

## Main Meals

**BEAN & GRAIN BOWL:** Grains + beans + grated veggies + greens + seeds + nuts + avocado + your favorite dressing

**CREAM OF CAULIFLOWER OR BROCCOLI SOUP WITH SAUTÉED GREENS:** To a large stock pot, add

2 cups thawed, steamed cauliflower or broccoli, 2 cups milk (avoid nonfat for this use), 2 cups vegetable stock, 1 cup white beans, 1 cup sautéed onions, 2 cloves garlic and  $\frac{1}{4}$  tsp salt; purée with an immersion blender. Heat on medium. Add 1 cup sautéed greens and serve with a piece of crusty whole-grain garlic toast.

**REFRIED GRAINS:** In a large sauté pan over medium-high, heat 1 tsp grape seed oil. Add 2 cups prepared grains and sauté for 5 minutes. Add garlic, prepped veggies of your choice, greens and 1 tbsp low-sodium tamari. Sauté for another 5 minutes. Top with chopped fresh basil and a squirt of lemon juice. Serve with steamed edamame, marinated tempeh, toasted almonds or sesame seeds.

**GREEN BEAN BURRITO:**

Grains + grated veggies + greens + beans + avocado + hot sauce in a collard green or whole-grain wrap

**GREEN GODDESS SALAD:**

Greens + steamed broccoli + chopped celery + favorite leafy herbs + pumpkin seeds + avocado + edamame + your favorite dressing

**SESAME & PEANUT GINGER STIR-FRY:**

In a large wok over medium-high, heat 2 tsp sesame oil. Add 1 tbsp puréed ginger, 1 tbsp puréed garlic and 1 minced red chile with 4 cups of your choice of prepped vegetables. Mix together  $\frac{1}{2}$  cup peanut butter with  $\frac{1}{2}$  cup water and 1 tbsp tamari and add to stir-fry; cook until heated through. Serve over reheated grains and top with sesame seeds, green onions and toasted peanuts.

**SLOPPY JOE:** In a large saucepan over medium-high, reheat beans (about 1 cup per sandwich), about 5 minutes. Serve on a whole-grain bun with green onions and your favorite dairy or non-dairy sour cream and cheddar cheese. *ce*

DELVE  
INTO  
OUR  
SUPER  
SAVINGS  
BUDGET  
SECTION



Healthy eating gets an unfair reputation for being prohibitively expensive – but with a little savvy planning and an arsenal of cost-conscious recipes, there's no reason you can't feed your family nutritious meals on a budget.

Over the next 30 pages, you can choose from more than 53 mouth-watering recipes, including a range of wholesome breakfasts, lunches, dinners and snacks, all carefully designed to cost you less than \$3\* a plate.

\* Recipe costs were calculated based on the average American supermarket and do not include pantry staples.

# Healthy *ON-THE-GO*

ARE TAKEOUT MEALS PUTTING A STRAIN ON YOUR WALLET AND YOUR HEALTH?

BE PROACTIVE AND MAKE YOUR BREAKFASTS, LUNCHES AND SNACKS IN ADVANCE, SO YOU CAN JUST GRAB THEM AND HIT THE ROAD – THEY'RE ALL EXTRA NUTRITIOUS AND COST LESS THAN \$3 EACH!

RECIPES BY CARA LYONS, PHOTOGRAPHY BY DARREN KEMPER

*Superfood  
Breakfast Cookies  
(SEE RECIPE, P. 52)*





*Harvest Squash  
& Quinoa Salad*  
**(SEE RECIPE, P. 49)**



*Rainforest Acai  
Breakfast Jars*  
**(SEE RECIPE, P. 52)**



**COST PER SERVING:** \$2.39  
**TOTAL COST:** \$9.56

## Just Like Nonna's Frittatas

**SERVES 6.**

**HANDS-ON TIME:** 25 MINUTES.

**TOTAL TIME:** 55 MINUTES

(PLUS COOLING TIME).

We love breakfast frittatas here at CE, but we know that time doesn't always permit a leisurely morning meal. Enter these scrumptious Italian-style mini frittatas with tomatoes, chicken sausage, mozzarella and basil that are baked in a muffin tin for ultra-portability.

### INGREDIENTS:

- 2 tsp olive oil
- 2 small yellow potatoes, peeled and diced
- ¾ cup chopped yellow onion
- ½ tsp sea salt
- 4 2-oz links cooked all-natural Italian chicken sausage, no added nitrites or nitrates, thinly sliced
- 2 large cloves garlic, minced
- 1½ cups grape tomatoes, halved
- 8 large eggs
- ½ cup plain yogurt  
(TRY: Traders Point Creamery Plain Whole Milk Yogurt)

- 1 cup shredded mozzarella cheese
- ¼ cup chopped fresh basil leaves
- ¼ tsp ground black pepper

### INSTRUCTIONS:

**ONE:** Preheat oven to 400°F. Mist a 12-count muffin tin with cooking spray.

**TWO:** In a medium skillet on medium-low, heat oil. Add potatoes, onion and salt and sauté for about 10 minutes, stirring occasionally, until vegetables are tender. Add sausage, garlic and tomatoes and sauté for 2 minutes more. Divide mixture among muffin tins and allow to cool for about 10 minutes.

**THREE:** In a medium bowl, whisk together eggs and yogurt. Stir in cheese, basil and pepper. Divide evenly among muffin cups. Bake for 20 minutes, until puffed and set.

**FOUR:** Remove from oven and let cool for about 20 minutes. Slide a knife around each frittata and gently remove, placing on a large rimmed baking sheet. Freeze until firm, about 2 hours, then transfer to a large zip-top freezer

bag. Return to freezer until ready to serve, up to 1 month.

**FIVE:** To serve, preheat oven to 400°F.

Place frozen frittatas on a rimmed baking sheet misted with cooking spray and bake for 20 minutes, until heated through. A microwave may also be used, if desired. Frittatas can also be eaten cold; defrost overnight in the refrigerator.

### NUTRIENTS PER SERVING (2 MINI

**FRITTATAS:** CALORIES: 291, TOTAL FAT: 15.5 g, SAT. FAT: 6 g, MONOUNSATURATED FAT: 6 g, POLYUNSATURATED FAT: 2 g, CARBS: 15.5 g, FIBER: 2 g, SUGARS: 4 g, PROTEIN: 21 g, SODIUM: 489 mg, CHOLESTEROL: 297 mg



### Go for the Yolk:

Eggs are one of the highest sources of choline. Among its many functions, choline is used in the production of phospholipids, a class of lipids that are key components of cell membranes. Keep in mind that choline is found primarily in the egg's yolk, so don't be tempted to go for egg whites only!



## Mega Manganese:

Quinoa is brimming with manganese, a key trace mineral that's required to make manganese superoxide dismutase (MnSOD). An antioxidant, MnSOD is one of the body's most powerful defenses against oxidative damage.



## Harvest Squash & Quinoa Salad

**SERVES 4. HANDS-ON TIME: 30 MINUTES.**

**TOTAL TIME: 1 HOUR, 10 MINUTES (PLUS COOLING TIME).**

Greet fall with this hearty salad layered in a Mason jar for easy transporting. For extra flavor and vibrant color, we've simmered the quinoa with beets.

### INGREDIENTS:

- 1 small butternut squash (about 1 lb) peeled, seeded and cut into ½-inch cubes
- ¼ tsp each sea salt, ground black pepper and ground cinnamon
- 1 beet, peeled and shredded

- ½ cup quinoa, rinsed
- 6 tbsp balsamic vinegar
- ¼ cup whole-grain mustard
- 2 tbsp pure maple syrup
- ¼ cup chopped unsalted walnuts
- 1½ cups pomegranate arils
- 2 oz crumbled goat cheese
- 6 cups packed chopped kale

### EQUIPMENT:

- 4 1-qt jars

### INSTRUCTIONS:

**ONE:** Preheat oven to 400°F. Arrange squash on a large rimmed baking sheet. Mist with cooking spray, sprinkle with salt, pepper and cinnamon; toss to coat. Roast for 40 to 45 minutes, turning halfway, until tender. Cool to room temperature.

**TWO:** Meanwhile, in a small saucepan, bring 1 cup water to a boil. Add beet and quinoa. Cover, reduce heat to a simmer and cook for 15 minutes, until liquid is absorbed. Remove from heat and let stand, covered, for 5 minutes, before fluffing with a fork. Cool to room temperature.

**THREE:** Prepare dressing: In a small bowl, whisk together vinegar, mustard and maple syrup. Divide evenly among jars, about 3 tbsp per jar. Divide squash, quinoa mixture, walnuts, pomegranate arils, cheese and kale among jars. Cover jars and refrigerate until ready to serve, up to 5 days. When ready to serve, shake in jar to distribute dressing or transfer to a bowl and toss.

### NUTRIENTS PER SERVING (1 JAR):

**CALORIES:** 304, **TOTAL FAT:** 10 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 4.5 g, **CARBS:** 46.5 g, **FIBER:** 7 g, **SUGARS:** 17 g, **PROTEIN:** 10 g, **SODIUM:** 410 mg, **CHOLESTEROL:** 7 mg



**COST PER SERVING: \$3.16**  
**TOTAL COST: \$12.64**

## recipes



**COST PER SERVING: \$2.02**  
**TOTAL COST: \$8.08**

### Life-Altering Green Smoothie

**SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.**

Looking to incorporate more greens into your diet but don't have the time? The absolute genius of this avocado, spinach and pineapple smoothie is in the make-ahead technique: It's prepared almost entirely in advance and frozen in individual bags. When you're ready for it, you simply add to a blender with water and start sipping.

#### INGREDIENTS:

- 1 avocado, peeled, pitted and quartered
- 4 cups peeled and chopped pineapple
- 4 cups baby spinach
- ½ cup coconut milk
- ¼ cup fresh lime juice
- ¼ cup chopped fresh cilantro (leaves and thin stems)
- 1 tsp ground ginger
- 4 stevia packets, optional

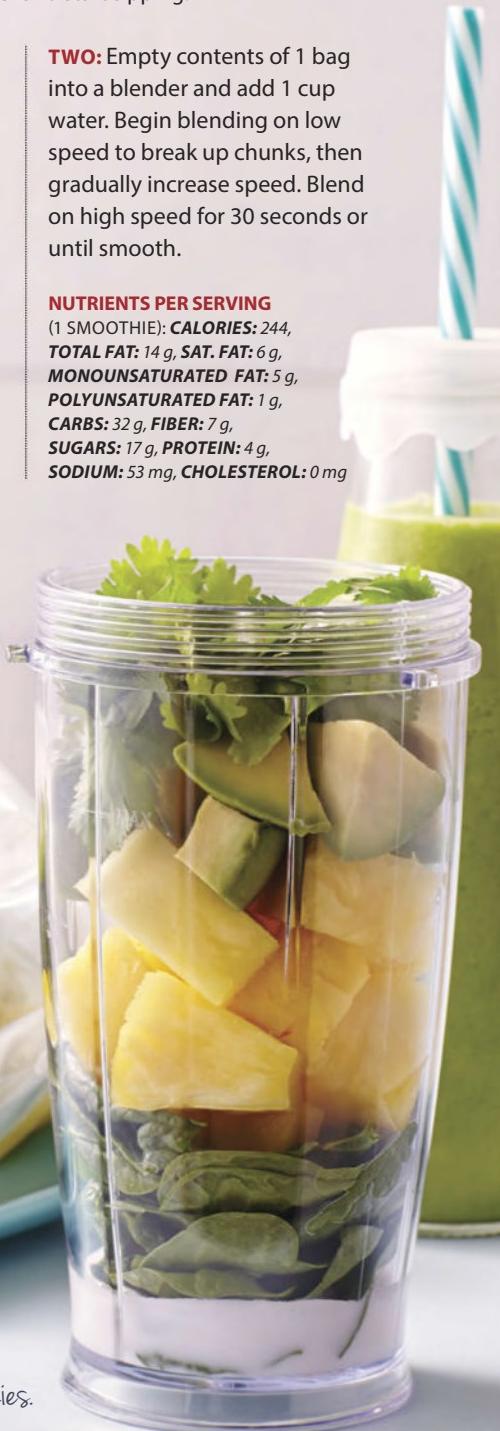
#### INSTRUCTIONS:

**ONE:** Among 4 large zip-top freezer bags, divide all ingredients evenly. Seal bags and freeze until ready to serve, up to 1 month.

**TWO:** Empty contents of 1 bag into a blender and add 1 cup water. Begin blending on low speed to break up chunks, then gradually increase speed. Blend on high speed for 30 seconds or until smooth.

#### NUTRIENTS PER SERVING

(1 SMOOTHIE): **CALORIES: 244, TOTAL FAT: 14 g, SAT. FAT: 6 g, MONOUNSATURATED FAT: 5 g, POLYUNSATURATED FAT: 1 g, CARBS: 32 g, FIBER: 7 g, SUGARS: 17 g, PROTEIN: 4 g, SODIUM: 53 mg, CHOLESTEROL: 0 mg**



Meet your daily greens quota with these easy make-ahead smoothies.



**COST PER SERVING: \$2.61**  
**TOTAL COST: \$10.44**

### Bangkok Curry Bowls

**WITH RICE NOODLES & VEGETABLES**

**SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 45 MINUTES.**

Remember those packages of preservative-laden dehydrated noodles that you probably ditched when you started eating clean? The beauty of those packages was their simplicity – just add boiling water and eat. We've recreated the convenience with this layered noodle bowl with mushrooms, carrots, edamame and bok choy. Simply prepare the broth before leaving the house, store in a heat-proof container and pour over top when you're ready.

#### INGREDIENTS:

- ½ cup coconut milk (**TRY: Native Forest Unsweetened Organic Coconut Milk Classic**)
- ¼ cup fresh lime juice
- 4 tsp red curry paste
- 1 tsp fish sauce
- 4 oz brown rice vermicelli noodles
- 1 large carrot, peeled and grated
- ½ large bunch bok choy (about 8 leaves), thick stems removed and thinly sliced
- 1½ cups sliced mushrooms
- 1 cup shelled, frozen edamame
- 1 lb boneless, skinless chicken breasts, cooked, cooled and chopped into bite-size pieces (**NOTE: Use any cooked chicken you have on hand, or season with salt and pepper and roast in the oven or poach.**)
- ¼ cup chopped fresh cilantro leaves
- 4 cups low-sodium chicken broth, for serving

#### EQUIPMENT:

- 4 1-qt heat-proof jars or containers
- Insulated thermos



### INSTRUCTIONS:

**ONE:** In a small bowl, whisk together coconut milk, lime juice, curry paste and fish sauce. Cover and refrigerate.

**TWO:** Divide noodles, carrot, bok choy, mushrooms, edamame, chicken and cilantro evenly among jars. Cover and refrigerate until ready to serve, up to 4 days.

**THREE:** To serve, empty the contents of one jar into a heat-proof-thermos. In a small saucepan, bring 1 cup broth and 1 cup water to a boil; add one-quarter of coconut milk mixture (about 3½ tbsp) and heat through. Pour into thermos and keep covered until ready to eat. Alternatively, heated broth mixture can be transported separately in thermos and added to jar just before serving; let stand for 5 minutes before eating. A microwave may also be used to heat the broth mixture.

### NUTRIENTS PER SERVING (1 JAR):

**CALORIES:** 391, **TOTAL FAT:** 13 g, **SAT. FAT:** 7 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 35 g, **FIBER:** 5 g, **SUGARS:** 4 g, **PROTEIN:** 38 g, **SODIUM:** 427 mg, **CHOLESTEROL:** 67 mg



**COST PER SERVING:** \$0.71  
**TOTAL COST:** \$2.84

## Superfood Breakfast Cookies

**SERVES** 12.

**HANDS-ON TIME:** 20 MINUTES.  
**TOTAL TIME:** 40 MINUTES.

We've packed six health-boosting superfoods – oats, coconut, chia, cinnamon, maca and dark chocolate – into these chewy, delicious cookies for the ultimate on-the-run breakfast or snack that will truly satisfy your taste buds.

### INGREDIENTS:

- 2 oz chopped dark chocolate (70% or greater) or cacao nibs
- 2 cups rolled oats
- 1 cup shredded unsweetened coconut
- ¼ cup ground chia seeds
- ¼ cup unsweetened raisins
- 2 tbsp maca powder (**TRY:** Navitas Naturals Maca Powder)
- 1 tbsp brewer's yeast
- 1 tsp ground cinnamon
- 2 bananas
- ¼ cup natural unsalted peanut butter
- ¼ cup pure maple syrup
- 1 tsp pure vanilla extract

### INSTRUCTIONS:

**ONE:** Preheat oven to 350°F. In a medium bowl, mix together chocolate, oats, coconut, chia, raisins, maca, yeast and cinnamon. In a separate bowl, with an electric mixer on medium, blend bananas, peanut butter, maple syrup and vanilla until smooth; pour over dry ingredients and stir with a spoon to combine.

**TWO:** Using a large cookie scoop (about ¼ cup), scoop dough onto a large parchment-lined baking sheet. Moisten fingers and flatten cookies slightly. Bake for 20 minutes, or until golden. Cool on sheet and then transfer to an airtight container to store in the fridge until ready to serve, up to 1 week.

### NUTRIENTS PER SERVING

(1 COOKIE): **CALORIES:** 228,  
**TOTAL FAT:** 11 g, **SAT. FAT:** 5 g,  
**MONOUNSATURATED FAT:** 3 g,  
**POLYUNSATURATED FAT:** 2 g,  
**CARBS:** 29 g, **FIBER:** 6 g,  
**SUGARS:** 12 g, **PROTEIN:** 5 g,  
**SODIUM:** 9 mg, **CHOLESTEROL:** 0 mg

**COST PER SERVING:** \$3.62  
**TOTAL COST:** \$14.48

## Rainforest Acai Breakfast Jars

**SERVES** 4.

**HANDS-ON TIME:** 15 MINUTES.  
**TOTAL TIME:** 15 MINUTES.

Enjoy a breakfast that tastes like it came straight from the Amazonian rainforest with this gorgeous acai purée blended with creamy coconut milk and banana, then layered with colorful fruit and nuts. Pile it all into jars or containers and freeze – then simply grab and go!

### INGREDIENTS:

- 4 3.5-oz packs frozen unsweetened acai purée (**TRY:** Sambazon Acai Berry Original Blend Superfruit Packs. Before opening your acai pack, run under warm water for 5 seconds.)
- 1 banana
- ¼ cup coconut milk
- 1 mango, peeled, pitted and finely chopped
- 2 kiwi, peeled and finely chopped
- 1 oz unsalted Brazil nuts, chopped
- 1 pint raspberries
- 2 tbsp shredded unsweetened coconut

### EQUIPMENT:

- 4 12-oz freezer-safe jars or containers

### INSTRUCTIONS:

**ONE:** To a blender, add acai purée, banana, coconut milk and ½ cup water. Blend on low to break up chunks, then blend on high for 30 to 60 seconds, until smooth. Divide evenly among jars. Layer mango, kiwi, nuts, raspberries and coconut on top of acai purée, dividing evenly. Cover and freeze until ready to serve, up to 1 month.

**TWO:** To serve, remove 1 jar from freezer and place in the refrigerator overnight.

### NUTRIENTS PER SERVING

(1 JAR): **CALORIES:** 296,  
**TOTAL FAT:** 16 g, **SAT. FAT:** 7 g,  
**MONOUNSATURATED FAT:** 3 g,  
**POLYUNSATURATED FAT:** 5 g,  
**CARBS:** 37.5 g, **FIBER:** 9 g,  
**SUGARS:** 23 g, **PROTEIN:** 5 g,  
**SODIUM:** 16 mg,  
**CHOLESTEROL:** 0 mg

*A Gem from the Amazon:* Native to the Amazon rainforest in Brazil, acai is a berry that is hailed for its extra-potent antioxidant prowess, helping to protect the body's cells from harmful free radicals. In fact, acai's fruit pulp has been measured to contain more antioxidants than blueberries, cranberry, raspberries, blackberries or strawberries – that's one powerful fruit!



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**B-Vitamin Boost:** Chicken is abundant in B vitamins such as B<sub>3</sub> and B<sub>6</sub>. The former has been shown to help boost "good" HDL cholesterol levels while the latter helps the body produce antibodies, which are necessary for staving off disease.

**MONDAY**  
COST PER PLATE:  
**\$2.58**

**TUESDAY**  
COST PER PLATE:  
**\$2.30**

## CREAMY AUTUMN CHOWDER

(SEE RECIPE, P. 65)





## CHILE CHICKEN & WHITE BEAN ENCHILADAS

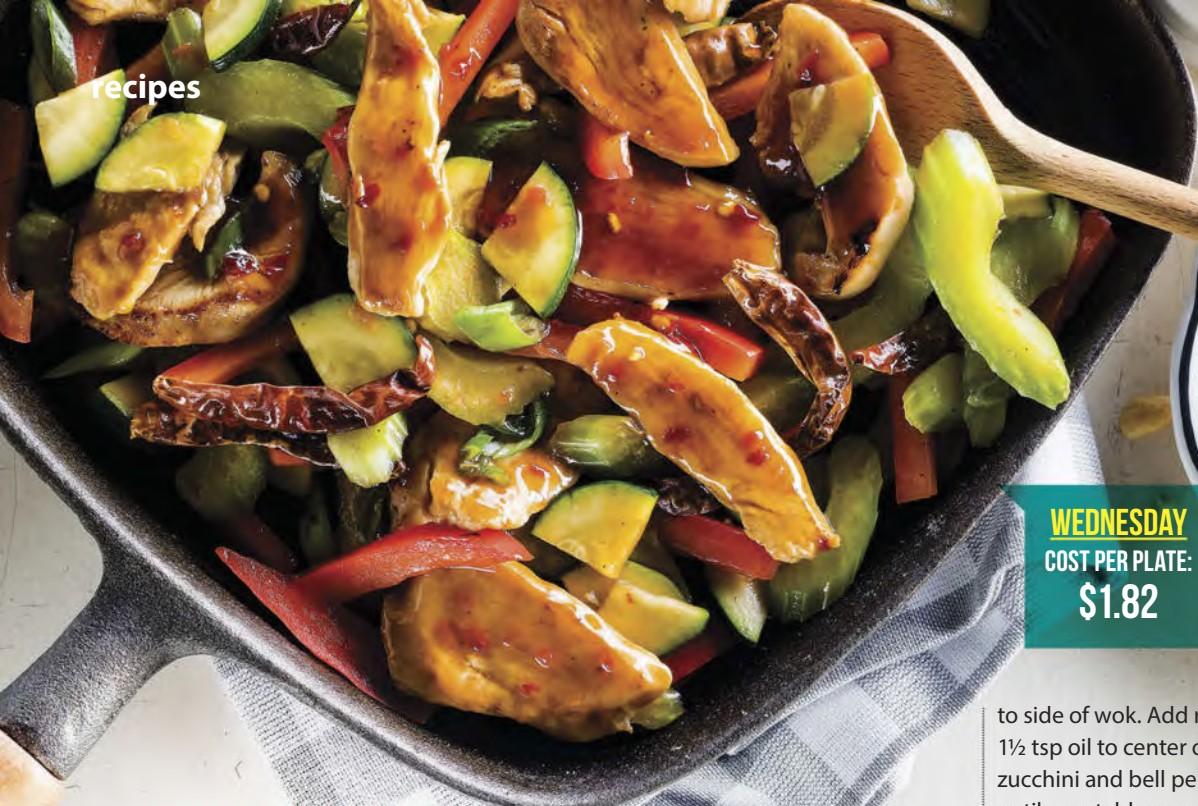
(SEE RECIPE, P. 64)

Dine on this super-stuffed Tex-Mex favorite for less than the cost of takeout!

# Two Weeks of FRESH & FAB DINNERS ON THE CHEAP!

With this ultimate price-conscious guide to healthy, homemade meals, you can enjoy two weeks of nutritious dinners that don't sacrifice the flavor or the fun!

BY IVY MANNING, PHOTOGRAPHY BY BRANDON BARRE



## KUNG PAO CHICKEN

WITH CHILE SOY SAUCE & PEANUTS

**SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 55 MINUTES.**

With sweet, salty and spicy notes, our healthier version of this classic dish has all the punch without excess salt and sugar. Once you start stir-frying, everything cooks quickly, so measure and chop all the ingredients before you heat the oil. To increase the heat, add up to 1 tbsp red chile paste.

### INGREDIENTS:

- 1 cup long-grain brown rice
- 10 oz boneless, skinless chicken breasts, thinly sliced
- 4 tsp reduced-sodium soy sauce, divided
- 1 tbsp minced garlic
- 2 tsp potato starch
- 1 tsp organic evaporated cane juice (**TRY:** Wholesome! Fair Trade Organic Cane Sugar)
- 2 tbsp low-sodium chicken broth or water
- 1 tbsp balsamic vinegar
- 1 tsp red chile paste (such as sambal oelek)
- 1 tbsp safflower oil, divided
- 6 to 8 whole dried red chiles, such as chile de árbol

- 2 stalks celery, cut into  $\frac{1}{4}$ -inch pieces
- 1 small zucchini, cut into  $\frac{1}{4}$ -inch pieces
- 1 small red bell pepper, cut into  $\frac{1}{4}$ -inch pieces
- 4 green onions, thinly sliced
- 3 tbsp chopped unsalted dry-roasted peanuts

### INSTRUCTIONS:

**ONE:** Cook rice according to package directions.

**TWO:** In a medium bowl, combine chicken, 1 tsp soy sauce, garlic, potato starch and cane juice; set aside for 10 minutes. In a small bowl, combine remaining 3 tsp soy sauce, broth, vinegar and chile paste; set aside.

**THREE:** In a large wok on medium-high, heat 1½ tsp oil. Add dried chiles and stir-fry until chiles begin to brown but not burn, 45 seconds. Add chicken and stir-fry until cooked through and edges of chicken begin to turn golden, about 2 minutes. Push chicken and chiles

**WEDNESDAY**

COST PER PLATE:

**\$1.82**

to side of wok. Add remaining 1½ tsp oil to center of wok. Add celery, zucchini and bell pepper and stir-fry until vegetables are crisp-tender, 2 minutes. Add soy-broth mixture, toss all ingredients together and cook until sauce is thick and bubbly, about 1 minute. Add green onions; remove chiles just before serving. Serve with rice and top with peanuts.

### NUTRIENTS PER SERVING

(1 CUP STIR-FRY AND  $\frac{3}{4}$  CUP RICE):

**CALORIES:** 368, **TOTAL FAT:** 10 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 4 g, **CARBS:** 45 g, **FIBER:** 5 g, **SUGARS:** 5 g, **PROTEIN:** 23 g, **SODIUM:** 284 mg, **CHOLESTEROL:** 52 mg

**THURSDAY**

COST PER PLATE:

**\$3.35**

## GINGER SOY COD EN PAPILLOTE

WITH SHIITAKES & GREEN ONIONS  
(SEE RECIPE, P. 64)

**FRIDAY**  
COST PER PLATE:  
**\$3.11**

## BEEF QUINOA MINI MEATBALLS

WITH SPICED POMEGRANATE SAUCE & MASHED CAULIFLOWER

**SERVES 4. HANDS-ON TIME:** 25 MINUTES.  
**TOTAL TIME:** 1 HOUR, 10 MINUTES

These lean beef meatballs get topped with an exotic-tasting tomato sauce that features pomegranate molasses for a subtle tang and depth of flavor. Puréed cauliflower is a lighter, less-starchy stand-in for mashed potatoes. Garnish with additional cilantro springs.

### INGREDIENTS:

- 1 tbsp olive oil
- $\frac{3}{4}$  cup finely chopped yellow onion, divided
- 4 tsp minced garlic, divided
- $\frac{2}{3}$  cup ketchup (**NOTE:** Look for all-natural options such as Tessemae's, or check out our homemade ketchup recipe at [cleaneating.com](#))
- 2 tbsp fresh lemon juice
- 1 tbsp yellow mustard
- 1 tbsp reduced-sodium soy sauce
- 1 tsp organic evaporated cane juice
- Pinch ground cayenne pepper
- $1\frac{1}{2}$  tsp pomegranate molasses (**NOTE:** Pomegranate molasses can

be purchased or you can make your own with our 3-ingredient recipe at [cleaneating.com](#))

- 1 lb lean ground beef
- $\frac{3}{4}$  cup cooked and cooled quinoa (from about  $\frac{1}{4}$  cup dried quinoa)
- $\frac{1}{4}$  cup finely chopped fresh cilantro
- 1 large egg, beaten
- 1 tsp ground cumin
- $\frac{1}{2}$  tsp ground black pepper, divided
- $\frac{1}{4}$  tsp plus pinch sea salt, divided
- 1 head cauliflower (about  $1\frac{1}{2}$  lb), broken into florets

### INSTRUCTIONS:

**ONE:** Prepare sauce: In a medium saucepan on medium-low, heat oil. Add  $\frac{1}{4}$  cup onion and sauté for 2 minutes. Add 1 tsp garlic and cook for 20 seconds. Remove from heat and whisk in ketchup, lemon juice, mustard, soy sauce, cane juice, cayenne and  $\frac{1}{4}$  cup water. Return to heat on low, cover and let simmer for 20 minutes. Stir in pomegranate molasses and remove from heat; cover and set aside.

**TWO:** Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper. To a large bowl, add beef, quinoa, remaining  $\frac{1}{2}$  cup onion,

cilantro, egg, remaining 3 tsp garlic, cumin,  $\frac{1}{4}$  tsp pepper and pinch salt. Using your hands, combine mixture until well blended. Gently form into about 24 mini meatballs, about  $1\frac{1}{2}$  tbsp each, and place on sheet. Bake, turning once, until an instant-read thermometer inserted into the center of a meatball registers 160°F, about 15 minutes. Transfer meatballs to pan with sauce and stir gently to coat; keep warm on low heat.

**THREE:** Meanwhile, cook cauliflower florets in a steamer basket over simmering water until tender when pierced with a fork, 8 to 10 minutes. Transfer steamed cauliflower to a food processor and process until puréed. Season with remaining  $\frac{1}{4}$  tsp each pepper and salt. Serve meatballs and sauce over cauliflower.

### NUTRIENTS PER SERVING

(6 MEATBALLS AND  $\frac{3}{4}$  CUP CAULIFLOWER):  
**CALORIES:** 368, **TOTAL FAT:** 10 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 4 g, **CARBS:** 45 g, **FIBER:** 5 g, **SUGARS:** 5 g, **PROTEIN:** 23 g, **SODIUM:** 284 mg, **CHOLESTEROL:** 52 mg





**MONDAY**  
COST PER PLATE:  
**\$1.43**

**Eggplant Hero:** Eggplant's deeply pigmented peel contains anthocyanin, a type of flavonoid that studies show may have protective benefits against cancer, heart disease and cognitive disorders.



## EGGPLANT & CHERRY TOMATO COCONUT CURRY

WITH WHOLE-WHEAT CHAPATI

**SERVES 4. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 40 MINUTES.**

Chapati is a type of unleavened bread common in South Asia. Prepare the dough first and let it rest while preparing the curry. The chapati cooks quickly, so finish it just before serving the meal.

### INGREDIENTS:

- 1 tbsp coconut oil
- 1 tsp brown mustard seeds
- ½ tsp cumin seeds
- 1 yellow onion, sliced
- 1 serrano chile pepper, chopped
- 1 tbsp peeled and minced fresh ginger
- 1 tbsp minced garlic
- 1 eggplant (about 1¼ lb), cut into ½-inch cubes
- 4 tsp curry powder
- 1 cup low-sodium vegetable broth (**TRY:** Pacific Foods Organic Vegetable Broth Low Sodium)
- ½ cup coconut milk
- 1 pint grape tomatoes, halved if large
- ½ tsp each sea salt and ground black pepper
- ½ cup chopped fresh cilantro

### WHOLE-WHEAT CHAPATI

- 6 tbsp whole-wheat flour, plus additional for rolling
- 6 tbsp white whole-wheat flour
- ¼ tsp sea salt
- 1 tbsp safflower oil, divided

### INSTRUCTIONS:

**ONE:** Prepare chapati dough: In a large bowl, combine flours and ¼ tsp salt. Add 1½ tsp safflower oil and mix with your fingers until crumbly. Slowly add 3 tbsp water, 1 tbsp at a time, and mix until dough just comes together.

**(NOTE:** Dough will appear dry, but will come together when pressed. If dough is too dry, add more water, 1 tsp water

at a time, until dough comes together in a ball.) Knead dough on a lightly floured surface until smooth, about 5 minutes. Cover with a damp cloth and set aside for 30 minutes.

**TWO:** Meanwhile, prepare curry: In a large sauté pan on medium, heat coconut oil. Add mustard seeds and cumin seeds and heat until seeds turn gray and begin to pop, 45 seconds. Add onion and sauté for 4 minutes, until softened. Add chile pepper, ginger and garlic and sauté until fragrant, about 45 seconds.

**THREE:** To pan, add eggplant and curry powder and stir. Add broth and coconut milk. Cover, reduce heat to medium-low and simmer until eggplant is just tender when pierced with a fork, about 5 minutes. Add tomatoes, cover and simmer until tomatoes burst and are falling apart, about 6 minutes. Season with ½ tsp each salt and black pepper. Cover to keep warm.

**FOUR:** Divide dough into 4 balls and cover with a damp cloth. Dust a rolling pin and work surface with flour. Flatten and roll each dough ball until very thin and about 5 inches in diameter, lifting and rotating dough to keep it from sticking to surface. Cover dough circles with a damp towel.

**FIVE:** Heat a large cast iron skillet or griddle on medium high. Heat 1 chapati at a time in dry skillet until small bubbles appear on surface, about 30 seconds. Flip chapati over and brush surface with about one-quarter of remaining safflower oil. Heat until lightly puffed, about 30 seconds. Wrap chapati in foil or a towel to keep warm and repeat with remaining dough. Sprinkle cilantro over curry and serve with chapati.

**NUTRIENTS PER SERVING (1 CUP CURRY AND 1 CHAPATI):**

**CALORIES:** 273, **TOTAL FAT:** 14 g, **SAT FAT:** 9 g, **MONOUNSATURATED FAT:** 1 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 34 g, **FIBER:** 1 g, **SUGARS:** 8 g, **PROTEIN:** 7 g, **SODIUM:** 409 mg, **CHOLESTEROL:** 0 mg

# YOUR TWO-WEEK SHOPPING LIST



## CUT IT OUT!

Yes, we've made your grocery list for you – simply cut or tear it out and bring it with you to the store for a seamless shopping experience.

## WEDNESDAY

P. 56

### KUNG PAO CHICKEN

WITH CHILE SOY SAUCE & PEANUTS

<input type="checkbox"/> 1 cup long-grain brown rice	\$0.45
<input type="checkbox"/> 10 oz boneless, skinless chicken breasts	\$3.70
<input type="checkbox"/> 3 cloves garlic	\$0.18
<input type="checkbox"/> 6 to 8 whole dried red chiles	\$0.09
<input type="checkbox"/> 2 stalks celery	\$0.36
<input type="checkbox"/> 1 small zucchini	\$0.52
<input type="checkbox"/> 1 small red bell pepper	\$1.50
<input type="checkbox"/> 4 green onions	\$0.30
<input type="checkbox"/> 3 tbsp unsalted dry-roasted peanuts	\$0.16

#### PANTRY STAPLES

<input type="checkbox"/> Reduced-sodium soy sauce
<input type="checkbox"/> Potato starch
<input type="checkbox"/> Organic evaporated cane juice
<input type="checkbox"/> Low-sodium chicken broth
<input type="checkbox"/> Balsamic vinegar
<input type="checkbox"/> Red chile paste
<input type="checkbox"/> Safflower oil

**TOTAL: \$7.26**

**COST PER PLATE: \$1.82**

MONDAY

P. 64

### CHILE CHICKEN & WHITE BEAN ENCHILADAS

WITH RED SAUCE

<input type="checkbox"/> 3 4-oz boneless, skinless chicken breasts	\$4.44
<input type="checkbox"/> 1 15-oz BPA-free can unsalted white beans (such as butter beans)	\$2.06
<input type="checkbox"/> ½ bunch fresh cilantro	\$0.39
<input type="checkbox"/> 1 lime	\$0.68
<input type="checkbox"/> ½ yellow onion	\$0.10
<input type="checkbox"/> 8 6-inch corn tortillas	\$0.77
<input type="checkbox"/> 5 oz shredded Monterey Jack cheese	\$1.87

#### PANTRY STAPLES

<input type="checkbox"/> Low-sodium chicken broth
<input type="checkbox"/> Safflower oil
<input type="checkbox"/> New Mexican chile powder
<input type="checkbox"/> Ground cumin
<input type="checkbox"/> Granulated garlic
<input type="checkbox"/> Ground cinnamon
<input type="checkbox"/> Crushed unsalted tomatoes
<input type="checkbox"/> Sea salt
<input type="checkbox"/> Olive oil cooking spray

**TOTAL: \$10.31**

**COST PER PLATE: \$2.58**

TUESDAY

P. 65

### CREAMY AUTUMN CHOWDER WITH GARLIC CROSTINI

<input type="checkbox"/> 2 stalks celery	\$0.36
<input type="checkbox"/> 1 yellow onion	\$0.13
<input type="checkbox"/> 1 red bell pepper	\$1.50
<input type="checkbox"/> 3 cloves garlic	\$0.18
<input type="checkbox"/> 3 ears corn	\$3.75
<input type="checkbox"/> 1 cup whole milk	\$0.34
<input type="checkbox"/> 1 large sweet potato or yam	\$1.21
<input type="checkbox"/> 4 oz half-and-half	\$0.32
<input type="checkbox"/> ½ loaf artisan bread	\$1.42

#### PANTRY STAPLES

<input type="checkbox"/> Extra-virgin olive oil
<input type="checkbox"/> White whole-wheat flour
<input type="checkbox"/> Low-sodium vegetable broth
<input type="checkbox"/> Ground coriander
<input type="checkbox"/> Dried thyme
<input type="checkbox"/> Sea salt
<input type="checkbox"/> Ground black pepper

**TOTAL: \$9.21**

**COST PER PLATE: \$2.30**

## WEDNESDAY

P. 56

### KUNG PAO CHICKEN

WITH CHILE SOY SAUCE & PEANUTS

<input type="checkbox"/> 1 cup long-grain brown rice	\$0.45
<input type="checkbox"/> 10 oz boneless, skinless chicken breasts	\$3.70
<input type="checkbox"/> 3 cloves garlic	\$0.18
<input type="checkbox"/> 6 to 8 whole dried red chiles	\$0.09
<input type="checkbox"/> 2 stalks celery	\$0.36
<input type="checkbox"/> 1 small zucchini	\$0.52
<input type="checkbox"/> 1 small red bell pepper	\$1.50
<input type="checkbox"/> 4 green onions	\$0.30
<input type="checkbox"/> 3 tbsp unsalted dry-roasted peanuts	\$0.16

#### PANTRY STAPLES

<input type="checkbox"/> Reduced-sodium soy sauce
<input type="checkbox"/> Potato starch
<input type="checkbox"/> Organic evaporated cane juice
<input type="checkbox"/> Low-sodium chicken broth
<input type="checkbox"/> Balsamic vinegar
<input type="checkbox"/> Red chile paste
<input type="checkbox"/> Safflower oil

**TOTAL: \$7.26**

**COST PER PLATE: \$1.82**

## THURSDAY

P. 64

### GINGER SOY COD EN PAPILLOTE

WITH SHIITAKES, GREEN ONIONS & GINGER

<input type="checkbox"/> 1 cup long-grain brown rice	\$0.45
<input type="checkbox"/> 1-inch piece fresh ginger	\$0.34
<input type="checkbox"/> 2 cloves garlic	\$0.12
<input type="checkbox"/> 3 oz shiitake mushrooms	\$3.99
<input type="checkbox"/> ½ bunch bok choy	\$0.32
<input type="checkbox"/> 4 6-oz skinless cod fillets	\$8.04
<input type="checkbox"/> 2 green onions	\$0.14

#### PANTRY STAPLES

<input type="checkbox"/> Reduced-sodium soy sauce
<input type="checkbox"/> Mirin
<input type="checkbox"/> Raw honey
<input type="checkbox"/> Toasted sesame oil
<input type="checkbox"/> Ground black pepper

**TOTAL: \$13.40**

**COST PER PLATE: \$3.35**

## FRIDAY

P. 57

### BEEF QUINOA MINI MEATBALLS

WITH SPICED POMEGRANATE SAUCE & MASHED CAULIFLOWER

<input type="checkbox"/> 1 yellow onion	\$0.13
<input type="checkbox"/> 4 cloves garlic	\$0.24
<input type="checkbox"/> 1 lemon	\$0.60
<input type="checkbox"/> ½ tsp pomegranate molasses	\$0.22
<input type="checkbox"/> 1 lb lean ground beef	\$6.99
<input type="checkbox"/> ¼ cup quinoa	\$0.36
<input type="checkbox"/> ¼ bunch fresh cilantro	\$0.17
<input type="checkbox"/> 1 large egg	\$0.36
<input type="checkbox"/> 1 head cauliflower (about 1½ lb)	\$3.35

#### PANTRY STAPLES

<input type="checkbox"/> Olive oil
<input type="checkbox"/> All-natural ketchup
<input type="checkbox"/> Yellow mustard
<input type="checkbox"/> Reduced-sodium soy sauce
<input type="checkbox"/> Organic evaporated cane juice
<input type="checkbox"/> Ground cayenne pepper
<input type="checkbox"/> Ground cumin
<input type="checkbox"/> Ground black pepper
<input type="checkbox"/> Sea salt

**TOTAL: \$12.42**

**COST PER PLATE: \$3.11**

**TOTAL: \$7.26**

**COST PER PLATE: \$1.82**



# YOUR TWO-WEEK SHOPPING LIST



## CUT IT OUT!

Yes, we've made your grocery list for you – simply cut or tear it out and bring it with you to the store for a seamless shopping experience.

**MONDAY**

**P. 58**

## EGGPLANT & CHERRY TOMATO COCONUT CURRY WITH WHOLE-WHEAT CHAPATI

<input type="checkbox"/> 1 yellow onion	\$0.13
<input type="checkbox"/> 1 serrano chile pepper	\$0.04
<input type="checkbox"/> 1-inch piece fresh ginger	\$0.34
<input type="checkbox"/> 3 cloves garlic	\$0.18
<input type="checkbox"/> 1 eggplant (about 1 1/4 lb)	\$1.50
<input type="checkbox"/> 4 oz coconut milk	\$0.84
<input type="checkbox"/> 1 pint grape tomatoes	\$2.50
<input type="checkbox"/> 1/4 bunch fresh cilantro	\$0.19

### PANTRY STAPLES

<input type="checkbox"/> Coconut oil
<input type="checkbox"/> Brown mustard seeds
<input type="checkbox"/> Cumin seeds
<input type="checkbox"/> Curry powder
<input type="checkbox"/> Low-sodium vegetable broth
<input type="checkbox"/> Sea salt
<input type="checkbox"/> Ground black pepper
<input type="checkbox"/> Whole-wheat flour
<input type="checkbox"/> White whole-wheat flour
<input type="checkbox"/> Safflower oil

**TOTAL: \$5.72**

**COST PER PLATE: \$1.43**

**TUESDAY**

**P. 61**

## DANISH SMØRREBRØD SANDWICHES

WITH DILLED SHRIMP & PICKLED ONIONS

<input type="checkbox"/> 2 red beets (about 8 oz)	\$1.66
<input type="checkbox"/> 1 lemon	\$0.60
<input type="checkbox"/> 1 clove garlic	\$0.06
<input type="checkbox"/> 1/2 red onion	\$0.10
<input type="checkbox"/> 10 oz frozen cooked bay shrimp	\$4.30
<input type="checkbox"/> 3 oz plain Greek yogurt	\$0.72
<input type="checkbox"/> 1/4 bunch fresh dill	\$0.98
<input type="checkbox"/> 1/4 head green leaf lettuce	\$0.44
<input type="checkbox"/> 4 slices whole-grain rye bread	\$1.24

### PANTRY STAPLES

<input type="checkbox"/> White wine vinegar
<input type="checkbox"/> Organic evaporated cane juice
<input type="checkbox"/> Coriander seeds
<input type="checkbox"/> Sea salt
<input type="checkbox"/> Bay leaf
<input type="checkbox"/> Olive oil mayonnaise
<input type="checkbox"/> Ground black pepper

**TOTAL: \$10.10**

**COST PER PLATE: \$2.53**

**WEDNESDAY**

**P. 62**

## BIBIMBAP BOWLS

<input type="checkbox"/> 2 cloves garlic	\$0.12
<input type="checkbox"/> 12-oz flank steak	\$8.16
<input type="checkbox"/> 1 cup short-grain brown rice	\$0.45
<input type="checkbox"/> 6 oz baby spinach	\$1.98
<input type="checkbox"/> 2 large carrots	\$0.35
<input type="checkbox"/> 4 large eggs	\$1.46
<input type="checkbox"/> 4 oz kimchi	\$1.48
<input type="checkbox"/> 4 green onions	\$0.21

### PANTRY STAPLES

<input type="checkbox"/> Reduced-sodium soy sauce
<input type="checkbox"/> Raw honey
<input type="checkbox"/> Ground ginger
<input type="checkbox"/> Red pepper flakes
<input type="checkbox"/> Toasted sesame oil
<input type="checkbox"/> Sea salt
<input type="checkbox"/> Rice vinegar
<input type="checkbox"/> Olive oil cooking spray

**TOTAL: \$14.21**

**COST PER PLATE: \$3.55**

**THURSDAY**

**P. 63**

## MAPLE ROASTED CHICKEN WITH ACORN SQUASH

<input type="checkbox"/> 1 acorn squash (about 1 1/2 lb)	\$1.48
<input type="checkbox"/> 1 red onion	\$0.21
<input type="checkbox"/> 4 large boneless chicken thighs (1 lb)	\$6.59
<input type="checkbox"/> 1/4 bunch fresh rosemary	\$0.10
<input type="checkbox"/> 3 cloves garlic	\$0.18

### PANTRY STAPLES

<input type="checkbox"/> Olive oil
<input type="checkbox"/> Sea salt
<input type="checkbox"/> Ground black pepper
<input type="checkbox"/> Pure maple syrup

**TOTAL: \$8.56**

**COST PER PLATE: \$2.14**

**FRIDAY**

**P. 65**

## SWEET & SOUR HUNAN STIR-FRY

<input type="checkbox"/> 1 cup farro	\$1.82
<input type="checkbox"/> 1 1/2 tbsp white miso	\$0.30
<input type="checkbox"/> 1 tbsp rice cooking wine (Shaoxing) or dry sherry	\$0.74
<input type="checkbox"/> 1-inch piece fresh ginger	\$0.34
<input type="checkbox"/> 5-oz slice uncured all-natural ham, nitrite- and nitrate-free	\$4.99
<input type="checkbox"/> 1 lb green cabbage	\$1.71
<input type="checkbox"/> 2 carrots	\$0.27
<input type="checkbox"/> 3 green onions	\$0.19

### PANTRY STAPLES

<input type="checkbox"/> Sea salt
<input type="checkbox"/> Reduced-sodium soy sauce
<input type="checkbox"/> Rice vinegar
<input type="checkbox"/> Organic evaporated cane juice
<input type="checkbox"/> Safflower oil

**TOTAL: \$10.36**

**COST PER PLATE: \$2.59**

# DANISH SMØRREBRØD SANDWICHES

WITH DILLED SHRIMP & PICKLED ONIONS

SERVES 4. HANDS-ON TIME: 20 MINUTES.  
TOTAL TIME: 50 MINUTES.

Inspired by the Danish smørrebrød (pronounced smuhr-broht), an open-faced sandwich, we layered creamy shrimp salad over crisp lettuce, roasted beets and whole-grain rye bread. Pickled onions add a sweet and crunchy punch.

**Mighty Shrimp:** These diminutive crustaceans deliver a boatload of astaxanthin, a powerful antioxidant that's been shown to protect against a host of diseases, and scientists believe it may help prevent dementia.

## INGREDIENTS:

- 2 red beets (about 8 oz)
- 1 tsp finely grated lemon zest, plus 2 tbsp fresh lemon juice, divided
- ½ cup white wine vinegar
- 1 tbsp organic evaporated cane juice
- 1 tsp coriander seeds
- 1 tsp minced garlic
- ½ tsp sea salt
- 1 bay leaf
- 1 cup thinly sliced red onion
- 10 oz frozen cooked bay shrimp, thawed
- ½ cup plain Greek yogurt
- 1½ tbsp chopped fresh dill
- 1 tbsp olive oil mayonnaise
- Ground black pepper, to taste
- 4 large green lettuce leaves
- 4 slices whole-grain rye bread, toasted

## INSTRUCTIONS:

**ONE:** Preheat oven to 400°F. Wrap beets in foil and roast on a small baking sheet until a paring knife slides easily into center, 45 to 50 minutes.

Carefully unwrap and set aside until cool enough to handle. Slide skins off beets under cold running water. Thinly slice and drizzle with 2 tsp lemon juice; set aside.

**TWO:** Meanwhile, in a small saucepan, combine vinegar, cane juice, coriander seeds, garlic, salt, bay leaf and ½ cup water; bring to a boil, stirring until cane juice is dissolved. Stir in onion and remove from heat; set aside to cool for 15 minutes. Drain.

**THREE:** Meanwhile, in a medium bowl, combine shrimp, yogurt, dill, mayonnaise, lemon zest, remaining 4 tsp lemon juice and pepper.

**FOUR:** Place 1 lettuce leaf on each slice toast; top with sliced beets, shrimp mixture and pickled onions.

## NUTRIENTS PER SERVING (1 SANDWICH):

**CALORIES:** 238, **TOTAL FAT:** 6g, **SAT. FAT:** 2g, **MONOUNSATURATED FAT:** 2g, **POLYUNSATURATED FAT:** 2g, **CARBS:** 24g, **FIBER:** 4g, **SUGARS:** 6g, **PROTEIN:** 22g, **SODIUM:** 348mg, **CHOLESTEROL:** 139mg

**TUESDAY**  
COST PER PLATE:  
**\$2.53**



## BIBIMBAP BOWLS

**SERVES 4.**

**HANDS-ON TIME:** 25 MINUTES. **TOTAL TIME:** 1 HOUR (PLUS MARINATING TIME).

This signature Korean dish is like a deconstructed version of fried rice. Piles of ingredients top bowls of rice – and it's up to the diner to mix everything together.

### INGREDIENTS:

- 2 tbsp reduced-sodium soy sauce
- 2 tsp minced garlic
- 2 tsp raw honey
- 1 tsp ground ginger
- ¼ tsp red pepper flakes
- 12-oz flank steak, trimmed
- 1 cup short-grain brown rice
- 6 oz baby spinach
- 1 tsp toasted sesame oil
- Pinch sea salt (**TRY:** Salt Sisters Brazilian Atlantic Sea Salt – Fine)

- 2 large carrots, grated
- 1 tsp rice vinegar
- 4 large eggs
- ½ cup kimchi
- 4 green onions, thinly sliced

### INSTRUCTIONS:

**ONE:** In a large zip-top bag, combine soy sauce, garlic, honey, ginger and pepper flakes. Add steak, seal bag and turn to coat. Marinate in refrigerator for 1 to 4 hours.

**TWO:** Cook rice according to package directions.

**THREE:** Meanwhile, fill a separate saucepan halfway with water and bring to a simmer. Add spinach and cook until wilted, 1 minute. Drain spinach in a colander, pressing to remove as much moisture as possible. In a medium bowl, toss spinach with oil and salt; set

aside. In a small bowl, toss carrots with vinegar; set aside.

**FOUR:** Heat a grill pan on medium-high. Remove steak from bag, discarding marinade. Grill steak to desired doneness, 4 to 5 minutes per side for medium rare. Transfer steak to a cutting board, cover loosely with foil and let rest for 10 minutes. Using a serrated knife, thinly slice against the grain.

**FIVE:** Mist a medium nonstick skillet with cooking spray and heat on medium. Cook eggs over easy, until whites are set and yolks are still runny.

**SIX:** Divide rice among bowls. Place steak, spinach, carrots and kimchi in small mounds over rice. Place 1 cooked egg in each bowl and sprinkle with onions.

### NUTRIENTS PER SERVING (1/4 OF RECIPE):

**CALORIES:** 420, **TOTAL FAT:** 13 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 50 g, **FIBER:** 6 g, **SUGARS:** 5 g, **PROTEIN:** 29 g, **SODIUM:** 417 mg, **CHOLESTEROL:** 235 mg



**WEDNESDAY**

**COST PER PLATE:**

**\$3.55**

**Think Zinc:** The egg along with the flank steak make this colorful dish an excellent source of zinc, necessary for protein synthesis, hormone function and the body's ability to heal itself.

# MAPLE ROASTED CHICKEN

## WITH ACORN SQUASH

SERVES 4.

HANDS-ON TIME: 15 MINUTES.  
TOTAL TIME: 55 MINUTES.

Pure maple syrup and fresh rosemary pull the sweet flavor out of acorn squash in this gorgeous fall supper.

### INGREDIENTS:

- 1 acorn squash (about 1½ lb), halved, seeded and cut into ½-inch-thick slices
- 1 tbsp olive oil
- 1 red onion, cut into ½-inch wedges
- ¾ tsp each sea salt and ground black pepper, divided
- 4 large boneless chicken thighs (about 1 lb), trimmed
- 3 tbsp pure maple syrup
- 1½ tbsp finely chopped fresh rosemary
- 1 tbsp coarsely chopped garlic

### INSTRUCTIONS:

**ONE:** Preheat oven to 375°F. In a large bowl, toss squash with oil; spread in a single layer on a large rimmed parchment-lined baking sheet. Arrange onion wedges around squash. Sprinkle ¼ tsp each salt and pepper over vegetables. Bake for 15 minutes.

**TWO:** Meanwhile, in same bowl, toss chicken with maple syrup, rosemary, garlic and remaining ½ tsp each salt and pepper.

Dinner tonight couldn't be easier – or tastier – with only 15 minutes of work!

THURSDAY  
COST PER PLATE:  
**\$2.14**

**THREE:** Increase oven temperature to 425°F. Place chicken on same baking sheet on top of squash and onions. Pour any remaining syrup mixture from bowl over chicken. Return to oven and bake until an instant-read thermometer inserted into the largest thigh registers 165°F, 25 to 30 minutes. Baste chicken once or twice during baking time using juices from bottom of baking sheet.

**NUTRIENTS PER SERVING**  
(1 THIGH AND ¾ CUP VEGETABLES):

**CALORIES:** 401, **TOTAL FAT:** 22 g, **SAT. FAT:** 6 g, **MONOUNSATURATED FAT:** 10 g, **POLYUNSATURATED FAT:** 4 g, **CARBS:** 4 g, **FIBER:** 6 g, **SUGARS:** 10 g, **PROTEIN:** 21 g, **SODIUM:** 460 mg, **CHOLESTEROL:** 111 mg



## SWEET & SOUR HUNAN STIR-FRY

(SEE RECIPE, P. 65)

FRIDAY  
COST PER PLATE:  
**\$2.59**





## CHILE CHICKEN & WHITE BEAN ENCHILADAS

WITH RED SAUCE

**SERVES 4. HANDS-ON TIME:** 25 MINUTES.  
**TOTAL TIME:** 1 HOUR, 10 MINUTES.

This homemade enchilada sauce uses ground New Mexico red chile powder for its mild, zesty flavor. Find it in the Latin section of your local grocery store.

### INGREDIENTS:

- 3 4-oz boneless, skinless chicken breasts
- 2 cups low-sodium chicken broth
- 1 15-oz BPA-free can unsalted white beans, drained and rinsed (**TRY:** Eden Organic Butter Beans No Salt Added)
- ½ cup chopped fresh cilantro, divided
- 1 tbsp fresh lime juice
- 2 tsp safflower oil
- ½ cup finely chopped yellow onion
- 2 tbsp New Mexico chile powder
- 2 tsp ground cumin
- 1 tsp granulated garlic
- ¼ tsp ground cinnamon
- 1 14-oz jar unsalted crushed tomatoes
- ½ tsp sea salt
- 8 6-inch corn tortillas
- 1½ cups shredded Monterey Jack cheese

### INSTRUCTIONS:

**ONE:** In a small saucepan on medium-high, bring chicken and broth to a simmer; cover, reduce heat to low and cook until chicken is no longer pink inside and reaches 165°F in center when tested with an instant-read thermometer, 12 to 15 minutes. Transfer to a cutting board and chop, reserving broth. In a large bowl, combine beans, ¼ cup cilantro and lime juice. Using a fork, mash about half of beans. Stir in chicken; set aside.

**TWO:** Meanwhile, in a medium skillet, heat oil on medium. Add onion and sauté until tender, 4 minutes. Add chile powder, cumin, garlic and cinnamon and cook, stirring constantly, until fragrant, about 20 seconds. Add tomatoes, salt and reserved broth; bring to a simmer. Reduce heat to low and cook for 10 minutes, stirring often.

**THREE:** Preheat oven to 400°F. Mist a large rectangular baking dish with cooking spray. Fill a tortilla with 3 tbsp chicken-bean mixture, roll and place seam side down in baking dish. Repeat with remaining tortillas and chicken-bean mixture. Pour tomato mixture over tortillas and sprinkle with cheese. Cover baking dish with foil and bake until sauce is bubbly, about 20 minutes. Uncover and bake for 10 minutes more. Top with remaining ¼ cup cilantro.

### NUTRIENTS PER SERVING (2 ENCHILADAS):

**CALORIES:** 521, **TOTAL FAT:** 20 g, **SAT. FAT:** 8 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 4 g, **CARBS:** 50 g, **FIBER:** 11 g, **SUGARS:** 7 g, **PROTEIN:** 41 g, **SODIUM:** 608 mg, **CHOLESTEROL:** 94 mg

## GINGER SOY COD EN PAPILLOTE

WITH SHIITAKES & GREEN ONIONS

**SERVES 4. HANDS-ON TIME:** 25 MINUTES.  
**TOTAL TIME:** 55 MINUTES.

*En papillote* is French for “in parchment” – a classic technique that holds in moisture and cooks food by the steam created inside the packet.

### INGREDIENTS:

- 1 cup long-grain brown rice
- 1½ tbsp reduced-sodium soy sauce
- 2 tsp mirin
- 1 tbsp peeled and minced fresh ginger
- 2 tsp chopped garlic
- 1 tsp raw honey
- 1 tsp toasted sesame oil
- 3 oz shiitake mushrooms, stemmed and sliced (1½ cups)
- 1 cup chopped bok choy
- 4 6-oz skinless cod fillets
- **Ground black pepper**
- 2 green onions, thinly sliced

### INSTRUCTIONS:

**ONE:** Preheat oven to 400°F. Cook rice according to package directions.

**TWO:** In a medium bowl, combine soy sauce, mirin, ginger, garlic, honey and oil; set aside.

**THREE:** Cut 4 14-inch squares of parchment paper. Divide mushrooms and bok choy in the center of parchment sheets. Place 1 cod fillet over each set of vegetables. Season cod with pepper and spoon soy sauce mixture over each fillet. To seal packets, working one at a time, bring opposite edges of parchment together and fold down towards fillet in ½-inch sections. Next, fold each side of parchment in towards fillings in ½-inch sections.

**(NOTE:** Packets should be securely closed but not too tight.)

**FOUR:** Carefully place packets on a rimmed baking sheet and bake for 12 to 14 minutes, until fish is opaque throughout and flakes easily with a fork.

**FIVE:** Transfer packets to plates and tear paper open, being careful to avoid escaping steam. Serve with rice and garnish cod with green onions.

### NUTRIENTS PER SERVING

(1 FILLET, ½ CUP VEGETABLES, ¾ CUP RICE):

**CALORIES:** 331, **TOTAL FAT:** 3 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 1 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 41 g, **FIBER:** 4 g, **SUGARS:** 4 g, **PROTEIN:** 35 g, **SODIUM:** 445 mg, **CHOLESTEROL:** 78 mg



## CREAMY AUTUMN CHOWDER

WITH GARLIC CROSTINI

**SERVES 4. HANDS-ON TIME:** 25 MINUTES.  
**TOTAL TIME:** 50 MINUTES.

This creamy chowder uses fiber-rich sweet potatoes for a taste of fall. Here, we bump up the flavor even more by adding the shaved corn cobs to the simmering chowder to draw out flavor. Remove and discard cobs before serving.

### INGREDIENTS:

- 1 tbsp extra-virgin olive oil, plus additional for drizzling
- 2 celery stalks, thinly sliced
- 1 yellow onion, chopped
- 1 red bell pepper, chopped
- 3 cloves garlic, divided  
**(NOTE:** Mince 2 cloves and cut 1 clove in half crosswise)
- 2 tbsp white whole-wheat flour
- 3 ears corn
- 3 cups low-sodium vegetable broth
- 1 cup whole milk
- ¾ tsp ground coriander
- ¼ tsp dried thyme
- 1½ cups peeled and diced sweet potato or orange yam
- ½ cup half-and-half
- ½ tsp sea salt
- ¼ tsp ground black pepper
- ½ loaf artisan bread

### INGREDIENTS:

**ONE:** Preheat oven to 400°F. In a large pot on medium, heat oil. Add celery,

onion and bell pepper and sauté until onion is tender, about 5 minutes. Add minced garlic and sauté until fragrant, 30 seconds. Sprinkle flour over vegetables and stir until coated and thickened, about 45 seconds.

**TWO:** Cut corn kernels off cobs, reserving cobs. Add corn cobs, broth, milk, coriander and thyme to pot. Cover, reduce heat to low and cook for 15 minutes, stirring occasionally.

**THREE:** Add corn kernels and sweet potato. Continue to cook until sweet potato is tender, 10 to 15 minutes. Remove and discard corn cobs. Stir in half-and-half, salt and pepper and cook until heated through, about 5 minutes.

**FOUR:** Meanwhile, prepare garlic crostini: Rub cut sides of whole garlic over outside of bread. Slice bread thinly and drizzle with oil. Place on a baking sheet and bake until just crisp. Serve crostini with chowder.

**NUTRIENTS PER SERVING**  
(1½ CUPS CHOWDER AND ¼ OF CROSTINI):

**CALORIES:** 369, **TOTAL FAT:** 14g, **SAT.** FAT: 5g, MONOUNSATURATED FAT: 7.5g, POLYUNSATURATED FAT: 2g, **CARBS:** 53g, **FIBER:** 7g, **SUGARS:** 16g, **PROTEIN:** 10.5g, **SODIUM:** 595mg, **CHOLESTEROL:** 17mg



## SWEET & SOUR HUNAN STIR-FRY

**SERVES 4. HANDS-ON TIME:** 20 MINUTES.  
**TOTAL TIME:** 45 MINUTES.

Traditional Asian ingredients – soy sauce, rice vinegar and ginger – give ham and cabbage a nontraditional sweet and salty flavor. For a twist, we've paired this dish with farro, an ancient grain, instead of the traditional rice.

### INGREDIENTS:

- 1 cup farro
- ¼ tsp sea salt
- 1½ tbsp white miso  
**(TRY:** Eden Organic Shiro Miso)
- 1 tbsp rice cooking wine  
**(NOTE:** This is also known as Chinese cooking wine or Shaoxing; if it's unavailable, dry sherry is a good substitute.)
- 1 tsp reduced-sodium soy sauce
- 1 tsp rice vinegar
- ½ tsp organic evaporated cane juice
- 1 tbsp safflower oil
- 1 tbsp peeled and minced fresh ginger
- 1 5-oz slice thick uncured all-natural ham, nitrite- and nitrate-free, cut into matchsticks
- 5 cups coarsely chopped green cabbage (about 1 lb)
- 2 carrots, peeled and thinly sliced diagonally
- 3 green onions, cut into 1-inch pieces

### INSTRUCTIONS:

**ONE:** In a medium saucepan, add farro, salt and 2 cups water. Cover and bring to a boil, reduce to low, cover and simmer until farro is tender and liquid is absorbed, about 30 minutes.

**TWO:** Meanwhile, in a small bowl, whisk together miso, rice wine, soy sauce, vinegar and cane juice; set aside.

**THREE:** In a large wok or skillet on high, heat oil. Add ginger and stir-fry until fragrant, 20 seconds. Add ham and stir-fry until lightly browned, 30 seconds. Add cabbage and carrots and stir-fry until cabbage wilts and is lightly browned, 1½ minutes.

**FOUR:** Add miso mixture and green onions; heat and stir until combined, about 1 minute more. Divide farro and ham mixture among plates.

### NUTRIENTS PER SERVING

(1½ CUPS HAM MIXTURE AND ¼ OF FARRO):

**CALORIES:** 292, **TOTAL FAT:** 5g, **SAT.** FAT: 1g, MONOUNSATURATED FAT: 1g, POLYUNSATURATED FAT: 3g, **CARBS:** 46g, **FIBER:** 9g, **SUGARS:** 6g, **PROTEIN:** 14g, **SODIUM:** 577mg, **CHOLESTEROL:** 18mg ☺



# Glorious ONE-POT MEALS FOR LESS THAN \$3 A PLATE!

Grab a pot, a pan or a baking sheet – you only need one cooking vessel to make one of these easy-on-the-wallet, no-mess dinners tonight.

RECIPES BY JULIE O'HARA, PHOTOGRAPHY BY GIBSON & SMITH



TOTAL COST:  
**\$9.33**  
COST PER SERVING:  
**\$2.33**

## DIJON CHICKEN & QUINOA SKILLET

WITH BABY KALE & CRANBERRIES

SERVES 4. HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 45 MINUTES.

A zesty maple Dijon sauce tops this protein-packed skillet meal that's loaded with good-for-you kale and studded with cranberries for a pop of tart-sweetness.

### INGREDIENTS:

- 5 tsp olive oil, divided
- 1 lb boneless, skinless chicken breasts, cut into 2-inch pieces
- ¼ plus ½ tsp sea salt, divided
- ½ tsp ground black pepper
- 1 cup quinoa, rinsed
- 5 oz baby kale (about 5 packed cups)
- 3 tbsp Dijon mustard
- 2 tbsp pure maple syrup
- 1 tbsp fresh lemon juice
- ½ cup dried unsweetened cranberries

### INSTRUCTIONS:

**ONE:** In a large skillet or sauté pan on medium-high, heat 2 tsp oil. Add chicken, season with ¼ tsp salt and pepper and cook, stirring occasionally, until lightly browned, 3 to 4 minutes. Stir in quinoa, 1 ¼ cups water and remaining ½ tsp salt. Increase heat to high, cover and bring to a boil.

Reduce heat to medium and simmer, covered, stirring occasionally, for about 15 minutes.

**TWO:** Add about half of kale and cover skillet to let it wilt slightly, about 1 minute. Add remaining half of kale and stir to combine. Cover and simmer until kale is tender and liquid is absorbed, 4 to 6 minutes. (**NOTE:** If all the liquid absorbs before kale finishes cooking, add more water as needed.) Remove from heat.

**THREE:** In a small bowl, whisk together mustard, maple syrup, lemon juice and remaining 3 tsp oil. To skillet, add about half of mustard sauce and the cranberries and stir to combine. Divide among plates and drizzle evenly with remaining mustard sauce.

### NUTRIENTS PER SERVING (1 ¼ CUPS):

**CALORIES:** 392, **TOTAL FAT:** 11 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 2.5 g, **CARBS:** 39 g, **FIBER:** 5.5 g, **SUGARS:** 7 g, **PROTEIN:** 33 g, **SODIUM:** 380 mg, **CHOLESTEROL:** 83 mg

## SMOKY CHICKEN BREASTS & CRISPY CHICKPEAS

**SERVES 4. HANDS-ON TIME:** 25 MINUTES.  
**TOTAL TIME:** 55 MINUTES.

Humble chicken breasts are dressed up by fragrant spices, and deliciously roasted Brussels sprouts, grapes and chickpeas. The *CE* team was absolutely wowed by the sweet and smoky flavor combination of this dish – who knew Brussels sprouts and grapes would go so perfectly together?

### INGREDIENTS:

- 1½ tsp each mild chile powder (such as ancho) and ground cumin, divided (**TRY:** Simply Organic Ground Cumin)
- 1 tsp ground black pepper, divided
- ½ tsp sea salt, divided
- 4 bone-in, skin-on chicken breasts (about 2 lb)
- 1 lb Brussels sprouts, trimmed and halved lengthwise
- 2 cups red seedless grapes (about ¾ lb)
- 2 tbsp olive oil, divided
- ½ tsp dried thyme
- 1 15-oz BPA-free can chickpeas, drained, rinsed and dried

### INSTRUCTIONS:

**ONE:** Preheat oven to 400°F. Mist a large rimmed nonstick baking sheet with cooking spray. In a small bowl, stir together 1 tsp each chile powder and cumin, ½ tsp pepper and ¼ tsp salt. Lightly mist chicken with cooking spray and rub chile powder mixture all over, gently lifting

**TOTAL COST:**  
\$9.83  
**COST PER SERVING:**  
\$2.46

the skin and seasoning the meat underneath (do not remove skin). Place on prepared sheet and roast for 10 minutes; remove from oven.

**TWO:** Meanwhile, to a large bowl, add Brussels sprouts, grapes, 4 tsp oil, thyme, remaining ½ tsp black pepper and remaining ¼ tsp salt. Toss gently to combine. In a small bowl, stir together chickpeas, remaining ½ tsp each chile powder and cumin and remaining 2 tsp oil.

**THREE:** To baking sheet with chicken, add Brussels sprout mixture and chickpeas, spreading around chicken in as close to a single layer as possible. Return to oven and roast for 30 to 35 minutes more, tossing Brussels sprout mixture and chickpeas halfway, until chicken is no longer pink in thickest part and internal temperature reaches 165°F, sprouts are browned and tender and grapes have burst and become soft and juicy.

### NUTRIENTS PER SERVING

(1 CHICKEN BREAST AND 1¼ CUPS BRUSSELS SPROUT MIXTURE): **CALORIES:** 520, **TOTAL FAT:** 20 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 10 g, **POLYUNSATURATED FAT:** 4 g, **CARBS:** 39 g, **FIBER:** 9.5 g, **SUGARS:** 16 g, **PROTEIN:** 49 g, **SODIUM:** 461 mg, **CHOLESTEROL:** 111 mg

**Chickpea Power:** Also called garbanzo beans, chickpeas are rich in molybdenum, a mineral that aids the body in metabolizing fats and carbohydrates. Chickpeas are also a good plant-based source of nonheme iron, providing you with 26% of your daily value (DV) of iron per 1-cup serving. The absorption of nonheme iron is strongly enhanced by vitamin C, of which the Brussels sprouts in this dish provides.





TOTAL COST:  
**\$11.96**  
COST PER SERVING:  
**\$2.99**

## SPICED BEEF STEW WITH PARSNIPS & BEETS

SERVES 4.

HANDS-ON TIME: 35 MINUTES.

TOTAL TIME: 1 HOUR,  
20 MINUTES.

Aromatic garam masala and pungent ginger infuse this warming stew. Try serving with whole-wheat naan or baguette.

### INGREDIENTS:

- 2 tbsp plus 2 tsp olive oil, divided
- 3 tbsp white whole-wheat flour (**TRY:** King Arthur Unbleached White Whole Wheat Flour)
- ½ tsp each sea salt and ground black pepper
- 1½ lb beef chuck (stew meat), trimmed and cut into 1½- to 2-inch pieces
- 1 shallot, thinly sliced
- 1 tbsp peeled and chopped fresh ginger
- 1 tbsp garam masala
- 2 cups low-sodium chicken broth
- 4 small yellow beets, peeled and cut into ¾-inch pieces

- 2 parsnips, cut into 1-inch pieces
- 1 cup frozen green peas
- 2 tbsp chopped fresh mint leaves
- 1 to 2 small red chiles, thinly sliced, optional
- 1 lime, cut into 4 wedges

### INSTRUCTIONS:

**ONE:** In a large heavy stock pot or Dutch oven on medium-high, heat 1 tbsp oil. In a wide, shallow bowl, stir together flour, salt and pepper. Add half of beef to flour mixture and toss to coat evenly. Shake off excess flour and add to pot. Cook until deeply browned, turning meat with tongs every minute or two, 5 to 6 minutes total. Transfer to a medium bowl and repeat with another 1 tbsp oil and remaining half of beef; add to bowl.

**TWO:** Reduce heat to medium and heat remaining 2 tsp oil in same pot. Add shallot and cook, stirring occasionally, until lightly browned, about 2 minutes.

Add ginger and garam masala and cook until fragrant, stirring constantly, about 1 minute. Add broth; increase heat to high, cover and bring to a boil. Add beef along with any juices. Reduce heat to medium, cover and simmer for 20 minutes, stirring occasionally (adjust heat as needed to maintain a steady simmer, but without bringing to a full boil).

**THREE:** Add beets and parsnips; cover and simmer, stirring occasionally, until vegetables and beef are tender, 30 to 35 minutes more. Add peas and cook uncovered, stirring occasionally, until heated through, 2 to 3 minutes. Serve with mint and chiles (if using) and lime wedges on the side.

**NUTRIENTS PER SERVING**  
(2 CUPS): **CALORIES:** 418,  
**TOTAL FAT:** 18 g, **SAT. FAT:** 4 g,  
**MONOUNSATURATED FAT:** 10 g,  
**POLYUNSATURATED FAT:** 2 g,  
**CARBS:** 28 g, **FIBER:** 8 g,  
**SUGARS:** 8 g, **PROTEIN:** 38 g,  
**SODIUM:** 443 mg,  
**CHOLESTEROL:** 92 mg

TOTAL COST:

\$5.05

COST PER SERVING:

\$1.26

## CREAMY SOUTHWESTERN SHELLS

WITH BLACK BEANS

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 35 MINUTES.

This twist on mac 'n' cheese is bursting with bold southwestern ingredients like sweet corn, creamy avocado and fresh cilantro. Try using tri-colored pasta shells for added visual appeal.

**INGREDIENTS:**

- 2 cups unsalted crushed tomatoes
- 1½ cups whole milk
- 1½ cups low-sodium chicken broth
- 8 oz small whole-wheat pasta shells
- 1 15-oz BPA-free can unsalted black beans, drained and rinsed
- 1 cup frozen corn kernels, defrosted (TRY: Alexia All-Natural Supersweet Organic Corn)
- 3 oz grated cheddar cheese
- ½ cup loosely packed chopped fresh cilantro leaves, divided
- ½ avocado, chopped

**INSTRUCTIONS:**

**ONE:** In a large oven-proof skillet on medium-high, bring tomatoes, milk and broth to a boil, stirring occasionally. Stir in pasta, cover and reduce heat to medium, adjusting as needed to maintain a steady simmer. Cook, stirring occasionally, until just barely al dente, 8 to 14 minutes.

**TWO:** Arrange oven rack in center position and preheat broiler to high. To skillet, add beans, corn, half of cheese and 5 tbsp cilantro. Stir until heated through, about 1 minute. Sprinkle remaining half of cheese over top and transfer to oven. Broil until cheese is melted, 1 to 2 minutes. Rest for 3 to 5 minutes. Divide among plates and sprinkle evenly with avocado and remaining 3 tbsp cilantro.

**NUTRIENTS PER SERVING (2 CUPS):** CALORIES: 528, TOTAL FAT: 15 g, SAT. FAT: 6.5 g, MONOUNSATURATED FAT: 5 g, POLYUNSATURATED FAT: 2 g, CARBS: 79 g, FIBER: 14 g, SUGARS: 11 g, PROTEIN: 27 g, SODIUM: 255 mg, CHOLESTEROL: 29 mg



TOTAL COST:

\$5.99

COST PER SERVING:

\$1.50

## LEMON SPAGHETTI

WITH TURKEY SAUSAGE &amp; SPINACH

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.

Fresh lemon zest shines in this classic pasta dish with meaty turkey sausage and just a kick of heat. For less than \$2 a plate, this is a quick and easy supper that we're sure will make it into regular rotation in your household.

**INGREDIENTS:**

- 1½ links fresh lean turkey sausages (about 6 oz), no added nitrates or nitrites, casings removed
- 1½ cups whole milk
- 8 oz whole-wheat spaghetti
- ¼ tsp red pepper flakes, or to taste
- 6 oz spinach leaves (about 6 packed cups)
- 1 tbsp fresh lemon zest
- ½ tsp ground black pepper
- 1½ oz Parmesan cheese, grated

**INSTRUCTIONS:**

**ONE:** Mist a large pot or saucepan with cooking spray and heat to medium-high. Add sausage and cook,

stirring and crumbling with a spatula, until no longer pink, about 3 minutes. Transfer to a small bowl and set aside.

**TWO:** To same pot, add 2 cups water and milk and bring to a boil on medium-high. (TIP: Watch carefully and stir from time to time, as milk has a tendency to boil over.) Add spaghetti and pepper flakes. When liquid returns to a boil, reduce heat to medium-low, cover and simmer, stirring frequently, until spaghetti is just short of al dente, 11 to 15 minutes.

**THREE:** Stir in spinach and simmer, uncovered, until spinach is wilted, most of the liquid has absorbed and spaghetti is al dente, 2 to 4 minutes. Add lemon zest, black pepper and sausage and stir until heated through, 30 seconds to 1 minute.

Divide among plates and top evenly with cheese.

**NUTRIENTS PER SERVING (1½ CUPS):**

CALORIES: 370, TOTAL FAT: 11 g, SAT. FAT: 4.5 g, MONOUNSATURATED FAT: 4 g, POLYUNSATURATED FAT: 2 g, CARBS: 49 g, FIBER: 8 g, SUGARS: 6 g, PROTEIN: 22 g, SODIUM: 531 mg, CHOLESTEROL: 42 mg



**Cool Beans:** Satiating black beans are a rich source of phytonutrients – plant compounds with antioxidant and anti-inflammatory properties – as well as magnesium, manganese and folate. They're also fiber heavyweights – just 1 cup of cooked black beans provides you with 60% of your daily value (DV) of fiber.

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BY HEATHER BAINBRIDGE, RD, CDN,  
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## SHOPPING LIST: WEEK 1

**NOTE:** CE shopping lists include all the items you'll need to prepare 70 meals for one adult (with leftovers). You'll likely have most pantry items on hand, so these are not included in the price.

## PROTEINS &amp; DAIRY

- 5 oz feta cheese
- 2 oz goat cheese
- 1 dozen large eggs
- ½ qt buttermilk
- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- 30 oz plain yogurt
- 8 lb whole chicken
- 1 lb small raw frozen shrimp
- 4 6-oz skinless cod fillets
- 2 all-natural veggie burgers (**TRY:** Amy's California Veggie Burger)

## VEGGIES &amp; FRUITS

- 5 apples
- 3 bananas
- 1 butternut squash (about 1 lb)
- 1 beet
- 1 bunch bok choy
- 1¼ lb grapes
- 2 oranges
- 3 pears
- 3 heads garlic
- 1 1-inch piece fresh ginger
- 6 lemons
- 10 oz carrots
- 1 cucumber
- 13 oz baby spinach
- 5 oz lettuce
- 9 oz kale
- 3 oz shiitake mushrooms
- 2 yellow onions
- 2 green onions
- 1 bunch rosemary
- 3 large sweet potatoes
- 2 vine tomatoes
- 2 small yellow squash
- 1 pomegranate (or 1½ cups arils)
- 3 small zucchini

## WHOLE GRAINS

- 1 bag 8-inch whole-grain tortillas
- 1 loaf whole-grain bread (**TRY:** One Degree Organic Foods Sesame Sunflower Bread)
- 1 box whole-grain cereal
- 1 box quinoa
- 1 bag brown rice
- 1 carton old-fashioned rolled oats
- 1 box whole-wheat spaghetti

## NUTS, SEEDS &amp; OILS

- 1 jar natural unsalted nut butter
- 1 jar tahini paste
- 1 oz unsalted walnuts
- 5 oz unsalted pecans

## EXTRAS

- 1 3-oz pouch wild albacore tuna (**TRY:** Wild Planet Wild Albacore Tuna)
- 1 lb bag dried chickpeas\*
- 1 bag frozen broccoli
- 1 bag dark chocolate chips

## PANTRY

- 1 bottle extra-virgin olive oil
- 1 bottle safflower oil
- 1 bottle toasted sesame oil
- 1 bottle olive oil cooking spray (**TRY:** Bertolli 100% Classico Olive Oil Spray)
- 1 jar raw honey
- 1 bottle ground cinnamon
- 1 bottle dried fennel seeds
- 1 bottle garlic powder
- 1 bottle mirin cooking wine
- 1 bottle red pepper flakes

- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 jar Dijon mustard
- 1 jar whole-grain mustard
- 1 bag Sucanat
- 1 bottle pure maple syrup
- 1 bottle reduced-sodium soy sauce
- 1 bottle balsamic vinegar
- 1 bottle red wine vinegar
- 1 container baking powder
- 1 container baking soda (**TRY:** Bob's Red Mill Pure Baking Soda)

EVOO = extra-virgin olive oil

\*Prepare bag of chickpeas for use in Meal Plan and recipes. Soak overnight in water, drain. Boil in a large pot of fresh water until soft throughout. Use 1¾ cups chickpeas in Classic Hummus (see recipe, p.75), refrigerate 1¼ cups chickpeas for Week 1 and freeze remainder for Week 2. Thaw before using.

## MEAL PLAN: WEEK 1

## MONDAY

\$7.38

## BREAKFAST:

**Apple Oatmeal:** Cook ½ cup oats in 1 cup milk; stir in 1 apple, chopped, 8 pecans and pinch cinnamon

## SNACK:

1 Pear Chocolate Chip Pecan Muffin (see recipe, p. 75; save leftovers)

## LUNCH:

**Tuna Sandwich:**  
Mix 3 oz tuna with 2 tbsp each chopped onion, carrot and zucchini, ½ tsp rosemary, 1 tbsp vinegar and 1 tsp EVOO; arrange tuna and 6 thin cucumber slices between 2 slices bread  
1 cup grapes

## SNACK:

1 carrot, sliced, with 2 tbsp hummus (recipe, p. 75)

## DINNER:

1 serving Lemon Chicken with Sautéed Squash & Sweet Potato Medley (see recipe, p. 78; save leftovers)  
1 orange

## TUESDAY

\$8.39

## BREAKFAST:

**Banana Cereal:** 1 cup cereal with 1 banana, sliced, and ¾ cup milk

## SNACK:

¾ cup yogurt with 1 cup grapes and 5 pecans

## LUNCH:

1 serving Lemon Chicken with Sautéed Squash & Sweet Potato Medley (leftovers, p. 78)  
1 apple

## SNACK:

1 Pear Chocolate Chip Pecan Muffin (leftovers, p. 75)

## DINNER:

**Lemon Chicken Salad:** Toss together 3 cups spinach, 5 oz cooked chicken (leftovers, p. 78), ½ cup sliced cucumber, ¼ cup chopped carrot and 5 chopped pecans; dress with ½ tbsp vinegar mixed with 1 tsp EVOO and ½ tsp Dijon mustard

## WEDNESDAY

\$8.95

## BREAKFAST:

**Yogurt Crunch:** Combine 1 cup cereal, ¾ cup yogurt and 1 cup grapes

## SNACK:

1 Pear Chocolate Chip Pecan Muffin (leftovers, p. 75)

## LUNCH:

**Fall Chickpea Salad:** Combine 3 cups lettuce, ¼ cup cooked chickpeas, 1 hard-boiled egg, sliced, ¼ cup each chopped apple and cucumber, 1 tbsp chopped onion and 5 chopped pecans; dress with ½ tbsp vinegar mixed with 1 tsp EVOO  
Remaining apple

## SNACK:

1 slice bread, toasted, with 2 tbsp hummus

## DINNER:

**Lemon Shrimp\***  
Steam 3 cups packed spinach and 1 clove garlic, minced; season with ½ tsp red pepper flakes  
1 serving Sautéed Squash & Sweet Potato Medley (leftovers, p. 78)

## TOTAL NUTRIENTS:

**CALORIES:** 1,890, **FAT:** 68.5 g, **SAT. FAT:** 18 g,  
**CARBS:** 222.5 g, **FIBER:** 31 g, **SUGARS:** 113 g,  
**PROTEIN:** 111.5 g, **SODIUM:** 1,011 mg,  
**CHOLESTEROL:** 288 mg

\* **Lemon Shrimp** Toss 3 oz shrimp with 1 clove garlic, minced, and ½ tsp pepper; sauté in 1 tbsp lemon juice and 1 tsp EVOO

## TOTAL NUTRIENTS:

**CALORIES:** 1,736, **FAT:** 61.5 g, **SAT. FAT:** 15 g,  
**CARBS:** 227.5 g, **FIBER:** 39 g, **SUGARS:** 103 g,  
**PROTEIN:** 86.5 g, **SODIUM:** 1,178 mg,  
**CHOLESTEROL:** 175 mg



# Pear Chocolate Chip Pecan Muffins

MAKES 16 MUFFINS. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 40 MINUTES.

## INGREDIENTS:

- 3 cups old-fashioned rolled oats, divided
- 2½ tsp ground cinnamon, divided
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp sea salt
- 1 large egg
- 1¼ cups whole buttermilk
- 5 tbsp pure maple syrup
- 1½ tbsp safflower oil
- 2½ cups finely chopped pears
- 5 tbsp dark chocolate chips
- ¼ cup chopped unsalted pecans
- 2 tsp Sucanat

## INSTRUCTIONS:

**ONE:** Preheat oven to 375°F. In a blender, pulverize 2½ cups oats into a fine flour. In a large bowl, combine oat flour, remaining ½ cup oats, 2 tsp cinnamon, baking powder, baking soda and salt. In a small bowl, whisk egg; stir in buttermilk, maple syrup and oil. Add egg mixture to flour mixture and stir until just combined. Fold in pears, chocolate chips and pecans.

**TWO:** In a small bowl, toss together Sucanat and remaining ¼ tsp cinnamon.

**NUTRIENTS PER SERVING (1 MUFFIN):** CALORIES: 155, TOTAL FAT: 6.5 g, SAT. FAT: 2 g, MONOUNSATURATED FAT: 2 g, POLYUNSATURATED FAT: 2 g, CARBS: 22.5 g, FIBER: 3 g, SUGARS: 9 g, PROTEIN: 3.5 g, SODIUM: 130 mg, CHOLESTEROL: 14 mg

## THREE:

Line cups of 2 standard muffin tins with 16 paper liners. Fill each liner three-quarters full with batter. Sprinkle ½ tsp Sucanat mixture over batter in each liner. (Fill empty muffin cups with 2 to 3 tbsp water so tins won't warp during baking.) Bake for 18 to 20 minutes, until a toothpick inserted in center comes out clean. Let muffins cool in tins for 10 minutes, then remove and cool muffins completely on wire racks.



**TIP:** Store 4 muffins in an airtight container and freeze 7 muffins and defrost when called for.

## THURSDAY

\$6.94

### BREAKFAST:

1 Pear Chocolate Chip Pecan Muffin (leftovers, recipe above)  
1 cup yogurt

### SNACK:

1 apple with 1½ tbsp nut butter

### LUNCH:

**Veggie Burger:** Arrange 1 veggie burger, cooked, 1 slice each onion and tomato, ¼ cup chopped lettuce and 2 tbsp hummus on 2 slices bread, toasted  
1 cup grapes

### SNACK:

1 carrot, sliced

### DINNER:

**Chicken Hummus Wrap:** In 1 tortilla arrange 2 tbsp hummus, 5 oz cooked chicken (leftovers, p. 78), ½ cup lettuce, ¼ cup cooked chickpeas and ¼ cup chopped tomatoes  
1 orange

## FRIDAY

\$8.58

### BREAKFAST:

**Grape Cereal:** Top 1 cup cereal with 1 cup grapes, halved, and ¾ cup milk

### SNACK:

¼ cup pecans

### LUNCH:

**Harvest Squash & Quinoa Salad** (see recipe, p. 49)

1 apple

### SNACK:

1 Pear Chocolate Chip Pecan Muffin (leftovers, recipe above)

### DINNER:

**Chicken & Feta Bowl:** Sauté 3 cups spinach and ½ clove garlic in ½ tsp oil; add 5 oz cooked chicken (leftovers, p. 78) and ¾ cup cooked chickpeas; cook until heated and top with 2 tbsp each chopped cucumber and tomato, and 2 tbsp yogurt mixed with 2 tbsp feta

## SATURDAY

\$7.44

### BREAKFAST:

**Pear Pecan Oatmeal:** Cook ½ cup oats in 1 cup milk; stir in 1 pear, chopped, 8 pecans and pinch cinnamon

### SNACK:

¾ cup yogurt with 1 banana, sliced

### LUNCH:

**Zucchini Omelette:** Sauté ½ cup zucchini and 2 tbsp onion in 1 tsp EVOO; pour in 2 eggs whisked with 1 tbsp milk, ½ tsp rosemary and pinch garlic powder; when egg begins to set add 2 tbsp feta; cook until set and fold over  
2 slices bread, toasted; drizzle with 2 tsp EVOO

### SNACK:

1 Pear Chocolate Chip Pecan Muffin (leftovers, recipe above, thawed)

### DINNER:

**Ginger Soy Cod en Papillote with Shiitakes & Green Onions** (see recipe, p. 64)

## SUNDAY

\$5.33

### BREAKFAST:

1 Pear Chocolate Chip Pecan Muffin (leftovers, recipe above, thawed)  
1 hard-boiled egg

### SNACK:

1 banana with 1½ tbsp nut butter

### LUNCH:

**Chicken Salad Sandwich:** Combine 5 oz cooked chicken (leftovers, p. 78, thawed), ½ cup yogurt, 3 tbsp each chopped onion, carrot, grapes and zucchini, 2 tsp rosemary and ½ tsp pepper; arrange between 2 slices bread with 1 slice tomato and ¼ cup lettuce  
1 cup grapes

### SNACK:

1 cup cucumber, sliced, with 2 tbsp hummus

### DINNER:

**Broccoli Spaghetti:** Cook 2 oz spaghetti; sauté 1½ cups thawed broccoli and 1 clove garlic, minced, in 1 tsp EVOO; stir into spaghetti with 2 tbsp pasta-cooking water, 2 tbsp feta, 2 tsp EVOO and ½ tsp red pepper flakes

## TOTAL NUTRIENTS:

CALORIES: 1,699, FAT: 65.5 g, SAT. FAT: 17 g, CARBS: 212.5 g, FIBER: 35 g, SUGARS: 93 g, PROTEIN: 84.5 g, SODIUM: 1,674 mg, CHOLESTEROL: 172 mg

## TOTAL NUTRIENTS:

CALORIES: 1,771, FAT: 66.5 g, SAT. FAT: 16 g, CARBS: 223 g, FIBER: 36 g, SUGARS: 101 g, PROTEIN: 87.5 g, SODIUM: 1,360 mg, CHOLESTEROL: 182 mg

## TOTAL NUTRIENTS:

CALORIES: 1,680, FAT: 66.5 g, SAT. FAT: 19.5 g, CARBS: 202.5 g, FIBER: 28 g, SUGARS: 71.5 g, PROTEIN: 79.5 g, SODIUM: 1,355 mg, CHOLESTEROL: 527 mg

## TOTAL NUTRIENTS:

CALORIES: 1,638, FAT: 66.5 g, SAT. FAT: 15 g, CARBS: 195.5 g, FIBER: 33 g, SUGARS: 69 g, PROTEIN: 86.5 g, SODIUM: 940 mg, CHOLESTEROL: 343 mg



## BONUS RECIPE CLASSIC HUMMUS

### INGREDIENTS:

- 1¾ cups cooked chickpeas
- 2 cloves garlic, chopped
- ¾ cup fresh lemon juice
- 5 tbsp tahini paste
- ¼ cup extra-virgin olive oil
- 1 tsp sea salt

### INSTRUCTIONS:

In a food processor, blend all ingredients and ¼ cup water until very smooth. **NOTE:** Reserve ¾ cup for use in Week 1 and freeze remainder for Week 2. Thaw at the beginning of Week 2 and stir before serving.

## SHOPPING LIST: WEEK 2

## PROTEINS &amp; DAIRY

- 3½ oz cheddar cheese
- 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- 32 oz plain yogurt
- 3 oz plain Greek yogurt
- 10 oz frozen cooked bay shrimp
- 5 oz skinless cod fillet
- 1 5-oz chicken breast

## VEGGIES &amp; FRUITS

- 1 avocado
- 3 apples
- 2 beets (8 oz)
- 2 bananas
- 1½ lb grapes
- 2 oranges
- 1 pear
- 1 pomegranate (or 1½ cups seeds)
- 2 limes
- 1 lemon
- 1 bunch green leaf lettuce
- 1 jalapeño chile pepper
- 1 bunch fresh basil
- 2 bunches fresh cilantro
- 1 bunch dill
- 2¼ lb eggplant
- 2 red bell peppers
- 1 yellow onion
- 1 serrano chile pepper
- 1 1-inch piece fresh ginger
- 2 red onions
- 6 oz baby spinach
- 4 tomatillos (½ lb)
- 1 pint grape tomatoes
- 6 vine tomatoes

## WHOLE GRAINS

- 2 oz whole-wheat flour
- 2 oz white whole-wheat flour
- 1 loaf whole-grain rye bread

## NUTS, SEEDS &amp; OILS

- 1 container olive oil spread
- 1 bottle olive oil mayonnaise

## EXTRAS

- 1 lb bag dried black beans\*
- 1 bag frozen strawberries

## PANTRY

- 1 bottle chipotle chile powder
- 1 bottle brown mustard seeds
- 1 bottle cumin seeds
- 1 jar bay leaves
- 1 bottle curry powder

NOTE: CE shopping lists include all the items you'll need to prepare 70 meals for one adult (with leftovers). You'll likely have most pantry items on hand, so these are not included in the price.

## Spaghetti alla Melanzane with Tomatoes &amp; Chickpeas

SERVES 4. HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 1 HOUR, 30 MINUTES.

## INGREDIENTS:

- 1½ cups cooked chickpeas
- 1 lb eggplant, diced (5 cups)
- 1 lb vine tomatoes, seeded and chopped (2 cups)
- ½ cup plus ¼ cup chopped fresh basil, divided
- 6 tbsp balsamic vinegar
- 2 tbsp plus 2 tsp extra-virgin olive oil, divided
- 1 tsp raw honey
- 1½ tsp red pepper flakes
- ½ tsp ground black pepper
- 6 oz whole-wheat spaghetti
- 3 cloves garlic, minced
- 6 oz baby spinach, chopped (6 cups)
- ¾ cup crumbled feta cheese

## MEAL PLAN: WEEK 2

## MONDAY

\$6.67

## BREAKFAST:

**Banana Cereal:** Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk

## SNACK:

1 Pear Chocolate Chip Pecan Muffin, thawed (leftovers, p. 75, thawed)

## LUNCH:

**Chicken, Feta & Tomato**

**Sandwich:** Arrange 5 oz cooked chicken (leftovers, p. 78, thawed and heated), 2 tbsp feta, 1 slice tomato and 4 basil leaves between 2 slices bread

1 orange

## SNACK:

1 apple with 1½ tbsp nut butter

## DINNER:

1 serving Chipotle Shrimp Quesadillas (see recipe, p. 78; save leftovers)

## TUESDAY

\$8.00

## BREAKFAST:

**Apple Nut Butter Oatmeal:** Cook ½ cup oats in 1 cup milk; stir in 1 apple, chopped, 1 tsp nut butter and pinch cinnamon

## SNACK:

¾ cup yogurt with ½ cup pomegranate seeds

## LUNCH:

1 serving Chipotle Shrimp Quesadillas (leftovers, p. 78)

1 cup grapes

## SNACK:

1 Pear Chocolate Chip Pecan Muffin, thawed (leftovers, p. 75, thawed)

## DINNER:

**Chicken & Black Beans:** Sauté 5 oz cooked chicken (leftovers, p. 78, thawed), ¾ cup black beans, 1 cup chopped tomato and 1 tbsp chopped onion in 1 tsp EVOO; season with ½ tsp red pepper flakes

## WEDNESDAY

\$7.71

## BREAKFAST:

**Grape Cereal:** Top 1 cup cereal with 1 cup grapes, halved, and ¾ cup milk

## SNACK:

1 Pear Chocolate Chip Pecan Muffin, thawed (leftovers, p. 75, thawed)

## LUNCH:

1 serving Lemon Chicken with Sautéed Squash & Sweet Potato Medley, reheated (leftovers, p. 78)

1 apple

## SNACK:

1 slice bread, toasted, with 2 tbsp hummus

## DINNER:

1 serving Spaghetti alla Melanzane with Tomatoes & Chickpeas (see recipe above; save leftovers)

½ cup pomegranate seeds

## TOTAL NUTRIENTS:

**CALORIES:** 1,842, **FAT:** 63 g, **SAT. FAT:** 18 g,  
**CARBS:** 224.5 g, **FIBER:** 39 g, **SUGARS:** 83 g,  
**PROTEIN:** 101.5 g, **SODIUM:** 1,247 mg,  
**CHOLESTEROL:** 322 mg

## TOTAL NUTRIENTS:

**CALORIES:** 1,868, **FAT:** 64.5 g, **SAT. FAT:** 20 g,  
**CARBS:** 226.5 g, **FIBER:** 44 g, **SUGARS:** 95 g,  
**PROTEIN:** 112.5 g, **SODIUM:** 1,007 mg,  
**CHOLESTEROL:** 339 mg

## TOTAL NUTRIENTS:

**CALORIES:** 1,917, **FAT:** 60.5 g, **SAT. FAT:** 16 g,  
**CARBS:** 280.5 g, **FIBER:** 46.5 g, **SUGARS:** 116 g, **PROTEIN:** 81.5 g, **SODIUM:** 1,127 mg,  
**CHOLESTEROL:** 163 mg

## INSTRUCTIONS:

**ONE:** In a large bowl, combine chickpeas, eggplant, tomatoes and ½ cup basil. In a small bowl, whisk together vinegar, 2 tbsp oil, honey, pepper flakes and black pepper. Pour over chickpea mixture and set aside to marinate for 30 minutes.

**TWO:** Cook spaghetti according to package directions. Drain, reserving ½ cup cooking water.

**THREE:** Meanwhile, in a large skillet, heat remaining 2 tsp oil on medium-high. Sauté garlic for 1 to 2 minutes.

Add spinach and sauté for 2 minutes. Reduce heat to medium and add chickpea mixture; cook for 10 minutes or until eggplant is softened. Slowly stir in reserved cooking water.

**FOUR:** Return chickpea mixture to large bowl along with spaghetti. Stir in feta cheese. Top with remaining ½ cup basil.

### NUTRIENTS PER SERVING (2 CUPS):

**CALORIES:** 492, **TOTAL FAT:** 18 g, **SAT. FAT:** 6 g, **MONOUNSATURATED FAT:** 9 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 68 g, **FIBER:** 15.5 g, **SUGARS:** 16 g, **PROTEIN:** 19 g, **SODIUM:** 312 mg, **CHOLESTEROL:** 25 mg

**TIP:** If following our Meal Plan, refrigerate 2 servings (4 cups) spaghetti; reheat when called for.



## THURSDAY \$9.84

### BREAKFAST:

#### Pom Berry Yogurt Crunch:

Combine 1 cup cereal, 1 cup yogurt and 1 cup frozen strawberries, thawed and sliced, and ¼ cup pomegranate seeds

### SNACK:

¼ cup pecans

### LUNCH:

**Chicken Salsa Wrap:** On 1 tortilla arrange 5 oz cooked chicken (leftovers, p. 78, thawed and heated), ¼ cup black beans, ½ cup Tomatillo-Tomato Salsa (leftovers) and 2 tbsp cheddar  
1 cup grapes

### SNACK:

1 carrot, sliced, with 2 tbsp hummus

### DINNER:

1 serving Spaghetti alla Melanzane with Tomatoes & Chickpeas (leftovers, recipe above)  
1 orange

## FRIDAY \$10.08

### BREAKFAST:

1 Pear Chocolate Chip Pecan Muffin, thawed (leftovers, p. 75)  
½ cup yogurt

### SNACK:

1 pear with 1½ tbsp nut butter

### LUNCH:

**Leftover Lunch:** 1 serving Spaghetti alla Melanzane with Tomatoes & Chickpeas (leftovers, recipe above)  
½ cup grapes

### SNACK:

**Grape Cereal:** Top ½ cup cereal with ½ cup grapes, halved, and ½ cup milk

### DINNER:

Season 5 oz cod with ½ tsp garlic powder and pinch each salt and pepper; sauté in 1½ tsp EVOO then top with ½ cup Tomatillo-Tomato Salsa (leftovers)  
1 cup frozen broccoli, steamed; toss with 2 tbsp cheddar  
Steam 1 cup plus 1 tbsp brown rice to make 2½ cups cooked rice; eat 1 cup and save remainder for leftovers

## SATURDAY \$10.04

### BREAKFAST:

**Raw Berry Oat Compote:** Combine 1 cup yogurt, ½ cup oats, 1 cup frozen strawberries, thawed and sliced, and ¼ cup pomegranate seeds

### SNACK:

**Strawberry Banana Smoothie:** Blend 1 cup milk, ½ cup frozen strawberries and ½ banana with ice

### LUNCH:

Season 5 oz chicken breast with salt, pepper and pinch pepper flakes; sauté  
½ cup steamed brown rice, reheated (leftovers); toss with 2 tbsp chopped pecans  
1 cup sliced red bell pepper

### SNACK:

1 slice bread, toasted, with 1 tbsp hummus and 1 hard-boiled egg, sliced

### DINNER:

**Eggplant & Cherry Tomato Coconut Curry with Whole-Wheat Chapati** (see recipe, p. 58)

## SUNDAY \$8.69

### BREAKFAST:

**Salsa Omelette:** Whisk 2 eggs, 1 tsp water and pinch garlic powder; cook in ½ tsp EVOO; when egg begins to set add ½ cup Tomatillo-Tomato Salsa (leftovers) and 3 tbsp cheddar; cook until set and fold over 1 slice bread, toasted

### SNACK:

1 Pear Chocolate Chip Pecan Muffin, thawed (leftovers, p. 75)

### LUNCH:

**Danish Smørrebrød Sandwiches with Dilled Shrimp & Pickled Onions** (see recipe, p. 61)

### SNACK:

**Yogurt & Fruit:** Combine ¾ cup yogurt, 1 cup frozen strawberries, thawed, ½ banana, sliced (leftovers) and 1 tbsp chopped pecans

### DINNER:

**Veggie Burger Rice Bowl \***  
1 cup grapes

### TOTAL NUTRIENTS:

**CALORIES:** 1,717, **FAT:** 76 g, **SAT. FAT:** 21 g, **CARBS:** 184 g, **FIBER:** 40.5 g, **SUGARS:** 70 g, **PROTEIN:** 88 g, **SODIUM:** 1,315 mg, **CHOLESTEROL:** 196 mg

### TOTAL NUTRIENTS:

**CALORIES:** 1,606, **FAT:** 53.5 g, **SAT. FAT:** 20 g, **CARBS:** 212.5 g, **FIBER:** 32.5 g, **SUGARS:** 72 g, **PROTEIN:** 80.5 g, **SODIUM:** 872 mg, **CHOLESTEROL:** 168 mg

### TOTAL NUTRIENTS:

**CALORIES:** 1,622, **FAT:** 72 g, **SAT. FAT:** 34 g, **CARBS:** 169 g, **FIBER:** 30 g, **SUGARS:** 61 g, **PROTEIN:** 83 g, **SODIUM:** 1,071 mg, **CHOLESTEROL:** 417 mg

### TOTAL NUTRIENTS:

**CALORIES:** 1,474, **FAT:** 63.5 g, **SAT. FAT:** 22 g, **CARBS:** 148.5 g, **FIBER:** 26 g, **SUGARS:** 78 g, **PROTEIN:** 67.5 g, **SODIUM:** 2,208 mg, **CHOLESTEROL:** 597 mg

\* **Veggie Burger Rice Bowl** Combine ¾ cup steamed brown rice, reheated (leftovers), ¾ cup chopped red bell pepper, ½ cup frozen broccoli, thawed and heated, 1 veggie burger, cooked and crumbled, 3 tbsp feta, 2 tbsp chopped cilantro and 1 tbsp soy sauce

## Lemon Chicken

WITH SAUTÉED SQUASH & SWEET POTATO MEDLEY

**MAKES** 50 OZ CHICKEN AND 8 CUPS MEDLEY.

**HANDS-ON TIME:** 40 MINUTES.  
**TOTAL TIME:** 3 HOURS.

### INGREDIENTS:

- $\frac{1}{3}$  cup plus 2 tbsp chopped fresh rosemary, divided
- 3 tbsp dried fennel seeds
- 2 tsp ground black pepper, divided
- 5 cloves garlic, minced
- $\frac{1}{4}$  cup fresh lemon juice (reserve rind)
- 2 tbsp reduced-sodium soy sauce
- 2 tbsp plus 4 tsp extra-virgin olive oil, divided
- 8-lb whole chicken (giblets removed), rinsed and patted dry
- 3 small sweet potatoes, scrubbed and chopped to  $\frac{1}{4}$ -inch pieces
- 1 yellow onion, chopped to  $\frac{1}{4}$ -inch pieces
- 2 small zucchini, chopped to  $\frac{1}{4}$ -inch pieces
- 2 small yellow squash, chopped to  $\frac{1}{4}$ -inch pieces

### INSTRUCTIONS:

**ONE:** Preheat oven to 350°F. In a medium bowl, combine  $\frac{1}{3}$  cup rosemary, fennel seeds,  $\frac{1}{2}$  tsp pepper, garlic, lemon juice, soy sauce and 2 tbsp oil.

**TWO:** In a roasting pan, arrange chicken, breast



side up. Gently slide fingers under skin and rub a thick layer of rosemary mixture, leaving skin on. Spread any remaining rosemary mixture and place rind of juiced lemon in chicken cavity. Roast chicken for 2½ hours or until a thermometer inserted in inner thigh reads 165°F. Remove from oven, tent with foil and let rest for 10 minutes.

**THREE:** Near end of roasting time, prepare medley: in a large skillet on medium-high, heat remaining 4 tsp oil. Add potatoes and remaining 2 tbsp rosemary and sauté for 5 minutes; cover and cook for 8 minutes more. Stir in onion, zucchini, yellow squash and remaining  $\frac{1}{2}$  tsp pepper. Cover and cook for 7 to 8 minutes, until squash is softened.

**TIP:** If following our Meal Plan, remove all chicken from bones. Refrigerate 4 5-oz servings of chicken. Freeze 5 5-oz servings. Refrigerate 4 cups medley and freeze 2 cups medley.

### NUTRIENTS PER SERVING

(5 OZ CHICKEN AND 2 CUPS MEDLEY):

**CALORIES:** 510, **TOTAL FAT:** 18g, **SAT. FAT:** 4g, **MONOUNSATURATED FAT:** 9.5g, **POLYUNSATURATED FAT:** 3g, **CARBS:** 46g, **FIBER:** 9g, **SUGARS:** 13g, **PROTEIN:** 42g, **SODIUM:** 329mg, **CHOLESTEROL:** 106mg



### INGREDIENTS:

- $\frac{1}{4}$  cup diced red onion
- 1 tbsp seeded and chopped jalapeño chile pepper
- $\frac{1}{4}$  cup chopped fresh cilantro
- 4 tbsp fresh lime juice, divided
- $\frac{3}{4}$  tsp extra-virgin olive oil, divided
- $\frac{1}{4}$  tsp each sea salt and ground black pepper
- 2 cloves garlic, minced
- $\frac{3}{4}$  lb raw frozen and thawed small shrimp, rinsed
- $\frac{3}{4}$  tsp chipotle chile powder
- $\frac{1}{2}$  cup shredded cheddar cheese
- 1 cup cooked black beans
- 4 8-inch whole-grain tortillas
- 1 avocado, peeled, seeded and chopped

### INSTRUCTIONS:

**ONE:** Prepare salsa: In a pot of boiling water, add tomatillos and boil for about 30 seconds to 1 minute, until peel starts to separate from flesh. Drain, peel and finely chop. In a medium bowl, combine tomatillos, tomatoes, onion, jalapeño, cilantro, 2 tbsp lime juice,  $\frac{1}{2}$  tsp oil, salt and pepper. Stir and set aside.

**TWO:** In a large skillet on medium-high, heat remaining 2 tsp oil. Add garlic and sauté for 1 minute. Add shrimp, cooking on 1 side for 1 to 2 minutes. Flip over and add remaining 2 tbsp

lime juice. Sprinkle with chile powder and sauté for another 1 to 2 minutes, until shrimp is opaque throughout. Remove to a cutting board; chop shrimp. Wipe out skillet.

**THREE:** In a large bowl, combine shrimp, cheese,  $\frac{1}{2}$  cup salsa and beans.

**FOUR:** Mist 1 side of 2 tortillas with cooking spray. Heat skillet on medium and place 1 tortilla, sprayed side down, in skillet. Spread half of bean mixture over tortilla, leaving  $\frac{1}{2}$ -inch space around edges. Place other tortilla, sprayed side up, over filling. Heat for 2 to 3 minutes, using a spatula to press edges of tortillas together. Carefully flip quesadilla over and cook other side for 2 minutes. Repeat with remaining 2 tortillas and bean mixture.

**SIX:** Cut each quesadilla into 8 wedges. Arrange 4 wedges on each plate and top each serving with  $\frac{1}{4}$  cup salsa and  $\frac{1}{4}$  chopped avocado.

**TIP:** If following our Meal Plan, refrigerate 1 serving (4 wedges and  $\frac{1}{4}$  cup salsa). Additionally, refrigerate 3  $\frac{1}{2}$ -cup portions of Tomatillo-Tomato Salsa.

### NUTRIENTS PER SERVING

(4 WEDGES,  $\frac{1}{4}$  CUP SALSA,  $\frac{1}{4}$  AVOCADO):

**CALORIES:** 470, **TOTAL FAT:** 20g, **SAT. FAT:** 5g, **MONOUNSATURATED FAT:** 11g, **POLYUNSATURATED FAT:** 3g, **CARBS:** 44g, **FIBER:** 13g, **SUGARS:** 3g, **PROTEIN:** 32g, **SODIUM:** 414mg, **CHOLESTEROL:** 151mg

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\$11, [oxo.com](http://oxo.com)



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Just screw the spritzer top onto grapefruit, lemons, limes or oranges and spray to impart a citrusy twist to your favorite recipes and drinks. The Citrus Sprayer Set comes in two sizes and includes a silicone ring to prevent the juice from leaking.

\$15, [momastore.org](http://momastore.org)



# CLEVER KITCHEN TOOLS FOR \$30 *or Less!*

Finding the right tools and serveware to cook up delicious recipes doesn't have to be expensive — these useful culinary finds add style, function and pizzazz without breaking the bank. BY LAURA SCHOBER

**◀ SWEET HONEY**

Whenever you get a hankering for honey, the Blomus Desa 16-Ounce Jar and Silicone Honey Spoon stores and spoons out the golden liquid for use in teas, desserts, oatmeal and whatever else needs a touch of sweetness.

\$23.50, [wayfair.com](http://wayfair.com)



**KEEP IT EXACT ▶**

With five measurements ranging from  $\frac{1}{4}$  teaspoon to 1 tablespoon, these bright and vivid Measuring Spoons by Rae Dunn make a fantastic hostess gift or lively addition to any kitchen.

\$24 per set of five,  
[givesimple.com](http://givesimple.com)





#### CLEANING WIZARD ▲

The dual-sided Toddy Gear Toddy Towel Sets have a protective coating that traps dirt and wards off odor, mildew and mold for spotless dishes, glassware, kitchen surfaces, appliances and windows. Plus, they add a decorative touch to your kitchen!

\$25 per set of three, [toddygear.com](http://toddygear.com)



#### GREAT GRATER ▼

Grate hard and soft cheeses as well as citrus zest with the Microplane Cube Cheese Grater, which has three stainless steel grating surfaces: coarse, fine and ribbon. Its interior container holds up to 1½ cups and is designed for easy cleanup.

\$20, [crateandbarrel.com](http://crateandbarrel.com)

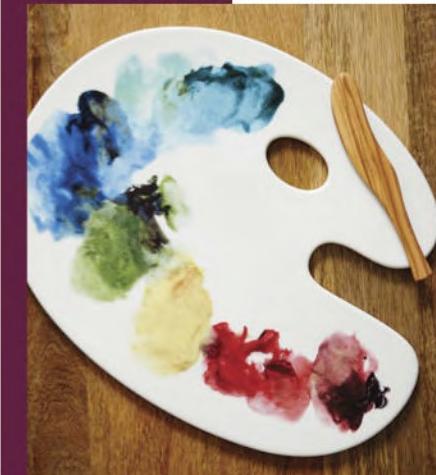


## Editors' Choice

#### SHOW YOUR TRUE COLORS ▼

The Fishs Eddy Cheese Tray presents your cheeses in a painterly fashion, and its eye-catching watercolor design is sure to steal the show at your next wine and cheese night.

\$30, [westelm.com](http://westelm.com)



#### SLOW COOKER ▲

With several whimsical patterns and three heat settings, the Black & Decker 4-Quart Slow Cooker comes equipped with cool-touch handles and is easy to clean thanks to its removable stoneware.

\$30, [amazon.com](http://amazon.com)



#### ◀ YEAR-ROUND GARDEN

All you need is a sunny windowsill, some water and TLC to grow these Garden-in-a-Can herbs like fresh organic basil and cilantro year-round.

\$12 per 2-pack or  
\$24 per 4-pack,  
[uncommongoods.com](http://uncommongoods.com) ☀

# 20/20 Vision

These proven nutrients will keep you seeing clear for years.

BY SARAH TUFF, PHOTOGRAPHY BY PAULA WILSON

## 1 Vitamin A

**EYE SPY:** *There's a reason why one form of vitamin A is called retinol – it produces pigments in the retina of the eye.* When we get plenty of vitamin A, our vision improves, especially in low light; too little, and we suffer vision problems. A 2011 study in India, for example, linked severe vitamin A deficiency in schoolchildren with night blindness and spots on the eyeball. In addition to retinol and retinoids (found in meat, fish, poultry and dairy), a second type of vitamin A, carotenoids, comes from intensely colored fruits and vegetables.

**EYE TRY:** *If you're not getting enough vitamin A from your diet – that's 700 micrograms (mcg) daily for women and 900 mcg daily for men – consider taking a supplement.*

## 2 Lutein and Zeaxanthin

**EYE SPY:** *Whipping up a kale omelette for breakfast?*

Your day now looks a whole lot better, as these two carotenoids – found in egg yolks and leafy green vegetables – help filter out harmful wavelengths of light while keeping your eyes' cells healthy, explains the American Optometric Association.

**EYE TRY:** *Seek a daily lutein supplement with 10 milligrams (mg), and a zeaxanthin one with 2 mg; Vitalux Healthy Eyes contains both.*

## 3 Vitamin E

**EYE SPY:** *The rate of cataracts is on the rise,* according to the American Optometric Association, which reports that the incidence of age-related macular degeneration (the leading cause of blindness in people 55 and older) is expected to triple by 2025, while more than 25 million worldwide are now affected. But vitamin E can help decrease your risk, thanks to the way its antioxidant power protects your eyes' cells from free-radical damage.

**EYE TRY:** *Aim for at least 22 IU of vitamin E per day; that's 2 ounces of almonds, 1 cup of wheat germ or 2 ounces of sunflower seeds.*



chia seeds



## 4 Omega-3 Fatty Acids

**EYE SPY:** When salmon swim upstream, could it be their omega-3 fatty acids that help them find their way?

One study by the National Eye Institute (NEI), published in *Science Translational Medicine*, reveals that a by-product of one of the fatty acids in fish oil, docosahexaenoic acid (DHA), may help prevent and treat abnormal blood vessel growth.

**EYE TRY:** The omega-3 fatty acids in Nordic Naturals Omega Vision are composed of three-quarters DHA, the type that NEI scientists found most beneficial to eye health.

## 6 Vitamin C

**EYE SPY:** You can't see without vitamin C, which helps the nerve cells in your eyes work right. That was the finding of Oregon Health and Science University scientists in a retina research study published in the *Journal of Neuroscience*. "We found that cells in the retina need to be 'bathed' in relatively high doses of vitamin C, inside and out, to function properly," said co-author Henrique von Gersdorff, PhD, in a press release. He believes that "a vitamin C-rich diet could be neuroprotective for the retina – for people who are especially prone to glaucoma."

**EYE TRY:** The recommended daily value (DV) for vitamin C is 75 mg a day for women and 90 mg a day for men. Get it from papayas (87 mg per cup), red bell pepper strips (117 mg in 1 cup) and oranges (96 mg per cup).

## 5 Zinc

**EYE SPY:** Think of zinc as the teammate of vitamin C, vitamin E and beta-carotene when it comes to winning vision. As reported in the *Archives of Ophthalmology*, the combination of these four lowers the risk of age-related macular degeneration by about 25%. "These nutrients are the first effective treatment to slow the progression of the disease," said Paul A. Sieving, MD, PhD, director of the National Eye Institute. Another study has shown that supplementing with a combination of zinc (25 mg per day) and vitamin A may help prevent night blindness.

**EYE TRY:** Along with zinc-rich foods (such as seafood, lean protein and seeds), Solgar Chelated Zinc Tablets have 22 mg of the mineral.



## 7 Vitamin B<sub>1</sub>

**EYE SPY:** Seeing double? It could be from a lack of vitamin B<sub>1</sub>, reports a 2014 study by Loyola University Medical Center published in *Scientific American Medicine*. Researchers found that a brain disorder called Wernicke encephalopathy is triggered by too little thiamine, or vitamin B<sub>1</sub>. The potentially fatal condition – seen in extreme cases of alcoholism, anorexia and in people with AIDS – also causes involuntary eye movements.

**EYE TRY:** The National Institutes of Health recommends 1 mg of thiamine daily for adult women. If you're not getting enough from your diet – find it in nuts, beans, legumes, pork and some types of fish – look for a supplement with 1 to 2 mg of B<sub>1</sub>.



THE HEALING FOODS ISSUE

# Next Issue

Hits newsstands September 15, 2015



**DISEASE PREVENTION:** A science-backed, cancer-preventative health feature plus healing recipes the whole family will love.



**MEDITERRANEAN MAINS:** Bring the flavors of the Mediterranean home with five nutrient-packed meals.



**HOLD THE MEAT:** Reap the undeniable health-improving benefits of meat-free eating once or twice a week.

eat smart // try this... with that

# Mix 'n' Match Meals

Irresistible recipe combinations from this issue showcasing the season's freshest and most flavorful.

## MENU 1 MEXICAN MUNCHIES



= 496

Calories

(when shared among two people)

Chile Chicken & White Bean Enchiladas with Red Sauce, p. 64  
Chipotle Shrimp Quesadillas, p. 78

## MENU 2 THE HUNGRY HERBIVORE



= 481

Calories

Spiced Refried Beans, p. 43  
Creamy Autumn Chowder with Garlic Crostini, p. 65

## MENU 3 SWEET SNACK ATTACK



= 286

Calories

Superfood Breakfast Cookies, p. 52  
Chocolate Hazelnut Butter, p. 88

## MENU 4 CRAZY FOR QUINOA



= 627

Calories

Beef Quinoa Mini Meatballs with Spiced Pomegranate Sauce & Mashed Cauliflower, p. 57  
Harvest Squash & Quinoa Salad, p. 49

# The New Brown Bag

## THE DELUXE

### PlanetBox Rover

This bento-style box comes with all the bells and whistles: five separate compartments, two dipping containers, a fork and spoon, an ice pack and even a colorful carrying case with a handle and pockets to hold any extras.

**PRO:** Large and small containers fit inside the box and allow you to easily transport wet ingredients, such as dressings and dips.

**CON:** Compartments are on the small side, so if you tend to pack big lunches, you'll have to upgrade to the larger size.

\$40, [planetbox.com](http://planetbox.com)

## THE SPACE SAVER

### Eco Vessel Collapsible Double Compartment Silicone Lunch Box Food Container 6 Cups

With two generous compartments and a snap-in double-ended "spork" (a spoon on one end and fork on the other), this container has all the benefits of a good-size lunch box but collapses down to fit easily into any drawer or container. It's also freezer-, microwave- and dishwasher-safe.

**PRO:** Collapses down to just 2 inches tall.

**CON:** The lid can be a bit finicky to snap on.

\$20, [ecovessel.com](http://ecovessel.com)

## THE SNACK LOVER

### Wean Green Garden Pack Snack Cubes

Wean yourself off the plastic habit and transport your munchies in these adorable, snack-sized 7-ounce glass containers with colorful snap-on lids. Microwave-, dishwasher- and freezer-safe, these containers are small enough to fit into your purse.

**PRO:** Watertight lids make transporting wet ingredients a breeze.

**CON:** They aren't conducive to longer-sized snacks, such as carrot and celery sticks.

\$22 per pack of 4, [weangreen.com](http://weangreen.com)

## THE DUO

### Monbento Original Lunch Box

We love carrying around this hip-looking lunchtime number — it consists of two airtight BPA-free containers that stack one on top of the other and are held together by a snug elastic band. Plus the material is luxuriously soft!

**PRO:** It's freezer-, microwave- and dishwasher-safe.

**CON:** The white outer material can stain from brightly colored foods.

\$26 to \$30, [williams-sonoma.com](http://williams-sonoma.com)

## THE PETITE

### LunchBots Trio Stainless Steel Food Container in Aqua

For smaller lunches or hearty snacks, this container is conveniently divided into three compartments. Its base is dishwasher-safe, but you'll have to transfer food to a separate plate if you want to heat it up in the microwave.

**PRO:** Durable stainless steel can hold up well even when banged around.

**CON:** The box wasn't designed to transport liquids.

\$22, [lunchbots.com](http://lunchbots.com)



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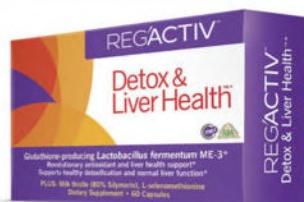
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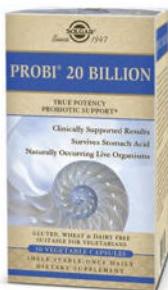
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## CHOCOLATE HAZELNUT BUTTER

**MAKES 3 CUPS.**

**HANDS-ON TIME:** 10 MINUTES.

**TOTAL TIME:** 10 MINUTES.

### INGREDIENTS:

- 2½ cups hazelnuts, toasted, skins removed\*
- 4 oz dark chocolate, 70% or higher, chopped
- 1 tbsp pure maple syrup, or to taste  
(TRY: Vermont Pure Maple Syrup)

### INSTRUCTIONS:

**ONE:** In a high-powered blender or food processor, blend hazelnuts until smooth, scraping down sides of bowl as needed.

**TWO:** In a double boiler or heat-proof bowl over a pot of simmering water, melt chocolate. Transfer melted chocolate to a bowl along with maple syrup and hazelnut butter and combine well. Store in an airtight container in the fridge for up to 1 month.

**\*NOTE:** Toasted hazelnuts can be found in bulk-food stores or you can toast them in a 375°F oven for about 10 minutes. Roll in a towel to remove skins, though a few remaining skins in the mix won't be a problem.

**NUTRIENTS PER SERVING** (1 TBSP): **CALORIES:** 58, **TOTAL FAT:** 5 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 3 g, **FIBER:** 1 g, **SUGARS:** 1 g, **PROTEIN:** 1 g, **SODIUM:** 1 mg, **CHOLESTEROL:** 0 mg ☺



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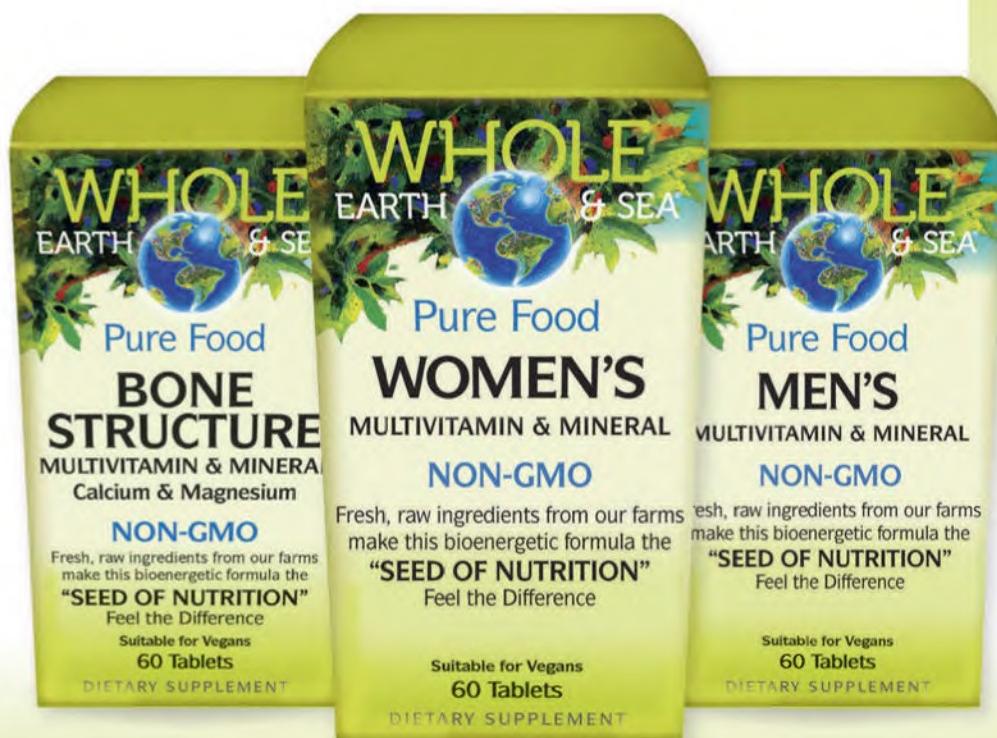
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